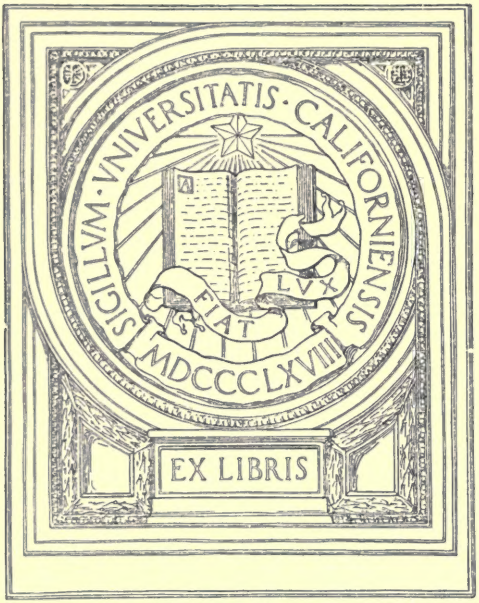
CASTEL OF HELTH

1541

ornia
al

UNIVERSITY OF CALIFORNIA
AT LOS ANGELES



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SCHOLARS' FACSIMILES & REPRINTS

The Castel of Helth

1541

Thomas
Elyot, Sir Charles

This facsimile was made from the original (the first augmented edition) now owned by Dr. A. S. W. Rosenbach

THE CASTEL OF HELTH

CORRECTED

AND

in some places augmented,
by the fyrste authour
therof. Syr Thomas
Elyot knyght,
the yere of
oure lord
1541

UNIVERSITY OF CALIFORNIA
SAN FRANCISCO

RA
775
E92c
1541a

THE PROHEME OF

SIR THOMAS ELIOT KNYGHT

in to his boke, callyd the Caſtel of helthe.

*8.50
6 v.
English Dept.
JAN 21 1937
Scribner

GALEN the moſt excellēt phiſition Methodi. li. i. fo. i.
fearyd, that in wrytynge a compendiouſe doctryne for the curing of ſyckenes, he ſhould loſe all his laboure, for as moche as no man almoſte dyd endeuoure hym ſelfe to the fyndynge of truthe, but that all men dyd ſo moche eſteme ryches, poſſeſſions, authority, and pleaſures, that they ſuppoſed theym, which were ſtudiouſe in any parte of Sappence, to be madde or diſtracte of theyre wittes: for as moch as they demid the chiefe Sapience (which is in knowlege of thynges belongyng as wel to god as to man) to haue no beyng. Sens this noble wryter found that lacke in his tyme, whan there flouryſſhed in ſundry coūtrayes a great multitude of men excellent in al kyndes of lerning, as it yet doth appere by ſome of theire warkes, why ſhuld I be greuyd with reproches, wherewith ſome of my countray do recompence me, for my labours taken without hope of temporall rewarde, onely for the feruent affectyon whiche I haue euer borne toward the publike weale of my countray? A worthy matter, ſayth one, ſyr Thomas Elyot is become a Phiſition, and wrytethe in phiſik, which beſemeth not a knyght, he mought haue ben moch better occu-

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pied. Truly if they wil calle him a phiſition, which is ſtudiouſe about the weale of his countray, I witſaufe they ſo name me. for during my lyfe I will in that affection alway contynue. And why. I pray you, ſhulde men haue in diſdayne or ſmall reputation the ſcience of phiſicke: whiche beinge wel vnderſtande, truly experienced, and diſcretely ordered, dothe conſerue helthe, without the which all pleaſures be peyneful, ryches vnprofytable, company anoiance: ſtrength tourned to feblenes, beauty to lotheſonnes, ſencis are diſperſid, eloquence interrupted, remembraunce confoundyd. which hath bene conſiderid of wyſe men not onely of the pryuate eſtate, but alſo of Emperours, kynges, and other great pryncis, who for the vniuerſall neceſſity and incomparable vtility, which they percepuyd to be in that ſcyence of phyſycke, they dyd not onely aduaunce and honour it with ſpeciall pryuileges, but alſo dyuerſe and many of theym were therin rycht ſtudiouſe, in ſoo moche as Juba the kynge of Mauritania and Lybia, founde oute the vertuouſe qualities of the herbe called Euforbium. Gentius kynge of Illiria, founde the vertues of Gentiane. The herbe Lyſimachia, toke his name of kinge Lyſimachus. Mithridates the greate kynge of Ponthus, founde fyrſte the vertues of Scordion, and alſo inuented the famouſe medicine agaynſt poyſon, callid Mithridate. Artheminſia queene of Caria, founde the vertues of motherworte, which in latyne bearith her name, whereby her noble renome hath lengar

continued,

continued, than by the makynge of the famouſe monument ouer her dead huſbond, callyd Mauſoleum, although it were recknyd amonge the wonderfull warkes of the worlde: and yet her name with the ſayd herbe ſtil abydethe, whyles the ſayd monument a thouſand yeres paſſid was vtterly diſſolupd. It ſemith, that phiſicke in this realme hathe ben well eſtemid, ſens the hole ſtudye of Salerne, at the requeſt of a kynge of Englande, wrate and ſet forth a compendiouſe and profitable treatyſe, callyd the Gouernaunce of helthe, in latyne Regimen ſanitatis. And I truſte in almighty god that our ſoueraygne lord the kinges maieſty, who dayly preparith to ſtablyſhe amonge vs true and vncorrupted doctrines, wyll ſhortly examine alſo this parte of ſtudye, in ſuche wyſe, as thynges apte for medicine, growynge in this realme, by conference with moſt noble authours may be ſo knowen, that we ſhall haue leſſe neede of thynges brought out of farre countrayes, by the corruption wherof innumerable people haue periſſhed, withoute blame to be giuen to the phiſytions, ſaupnge onely, that ſome of them not diligent inough in beholdynge their drouges or ingredience at all tymes diſpenſid and tried.

¶ Beſydes the ſayde kynges, whome I haue reherſed, other honorable perſonagis haue writen in this excellent doctrine, and not only of the ſpeculatyue parte, but alſo of the practyſe therof: whoſe warkes doo yet remayne vnto their glory immortall, as Auicena, Abenſoar, Raſis, Corne-

lyus Celſus, Serenus, and whiche I ſhoulde haue firſt namid, Machaon and Podalirius, noble dukes in Grecia whiche came to the ſyege of Troy, and brought with them. xxx. great ſhippes with men of warre. This well conſideryd, I take it for no ſhame, to ſtudye that ſcience, or to ſette fourthe any bokes of the ſame, beynge therto prouoked by the moſte noble and vertuouſe example of my noble mayſter kynge HENRY the. VIII. whoſe helthe I hartely pray god as longe to preſerue, as god hath conſtitute mans lyfe to contynue: for his highnes hath not dyſdained to be the chiefe authour and ſettar fourthe of an Introduction in to grammer, for the childerne of his louing ſubiectes, wherby, hauing good maiſters, they ſhall moſte eaſely and in ſhorte tyme apprehend the vnderſtanding and fourme of ſpeaking of true and eloquent latyne. O royall harte, full of very nobility. O noble breſt, ſettynge fourthe vertuouſe doctryne, and laudable ſtudy. But yet one thynge moche greuyth me, that notwithſtandynge I haue euer honoured, and ſpecyally fauorid the reuerend college of approuid phiſitiõs, yet ſome of them hearyng me ſpoken of, haue ſaid in deriſion, that all though I were pretyly ſeene in hiſtoryes, yet being not lernyd in phiſicke, I haue putte in my boke dyuerſe errours, in preſumynge to wryte of herbes and medicines. Firſte as concernynge hiſtoryes, as I haue plantyd them in my warkes, beinge wel vnderſtand, they be not ſoo lyght of importaunce as they done

eſteme

eſteme theym, but may more ſurely cure mennes affections, than diuerſe phiſitions doo cure maladyes. For whan I wrate fyrſte this boke, I was not all ignorante in phiſycke. fore before that I was. xx. yeres olde, a worſhipfull phiſition, and one of the moſte renouned at that tyme in England, perceyuyng me by nature inclined to knowledge, rad vnto me the workes of Galene of temperamentes, natural faculties, the Introduction of Johānicius, with ſome of ỹ Aphoriſmes of Hippocrates. And afterwarde by mine owne ſtudy, I radde ouer in order the more parte of the warkes of Hippocrates, Galen⁹, Oribaſius, Paulus Celius, Alexander Trallianus, Celſus, Plinius ỹ one and the other, with Dioſcorydes. For I dyd omytt to reade the longe Canones of Auicena, ỹ Commentaries of Auerrois, ỹ practiſis of Iſake, Halyabbas, Raſys, Meſue, and alſo of the more part of them which were their aggregatours and folowers. And all thoughe I haue neuer ben at Mõtpellier, Padua, nor Salern, yet haue I foũd ſome thynge in phiſycke, whereby I haue taken no litle profyte concernynge myne owne helthe. Moreouer I wote not why phiſitions ſhould be angry with me, ſens I wrate and dyd ſet fourth the Caſtel of helthe for their commodity, that the vncertayne tokens of vrynes and other excrementes ſhould not deceyue them, but that by the true information of the ſycke man, by me inſtructid, they mought be the more ſure to prepare medicines conuenient for the diſeaſis. Alſo to the intent that men obſeruyng a good order in diete,

and

and preuenting the great cauſys of ſickenes, they ſhoulde of thoſe maladyes the ſoner be curyd. But if phiſitions be angry, that I haue wryten phiſike in englyſhe, let theym remembre, that the grekes wrate in greke, the Romanes in latyne. Auicena, and the other in Arabike, whiche were their owne propre and maternal tonges. And if they had bene as moche attached with enuy and couaytiſe, as ſome nowe ſeeme to be, they wolde haue deuyſed ſomme particuler language, with a ſtrange ſyphre or fourme of lettres, wherin they wold haue wryten their ſcience, which lãguage or lettres no man ſhoulde haue knowen that hadde not profeſſyd and practiſed phiſycke: but thoſe, although they were paynimes and Jewes, in this parte of charitye they farre ſurmountid vs Chriſtianes, that they wolde not haue ſoo neceſſary a knowledge as phiſicke is, to be hyd frome them, whych wolde be ſtudiouſe aboute it.

¶ Fynally god is my Juge, I wryte neyther for glory, reward, nor promotion, only I deſyre men to deme wel myne intent, ſens I dare aſſure them that all that I haue wryten in this boke, I haue gathered of the moſte principall wrytars in phiſicke. Which beinge throughly ſtudied and well remembrid, ſhalbe profitable (I doubt not) vnto the reder, and nothynge noyouſe to honeſte phyſytyons, that doo meaſure theyr ſtudy, with moderate lyuinge and Chriſtian Charity.

THE TABLE

IT MVSTE BE REMEMBRED, that the number in the Table, dothe ſygnify the leaf, and the letter A, doth ſygnifie the fyrſt page or ſyde, the letter B, the ſeconde page or ſyde.

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Veale. fol.xix.b.
Venyson. ibidem.
Woodcockes. fol.xxi.a.
Vdder. fol.xxii.a.
Water. fol.i.b.&.xxxi.a.
Wynter. fol.xxxvi.b
Wyne. fol.xxxii.a
Whaye. fol.xxxiiii.b.
Vociferation. fol.l.b.
Vompyte. fol.liiii.b
Vrines. fol.lxxxvii.a
Vertue of meates. fol. xci.b
Y
Yonge men. xxxix.a.

¶ Thus endeth the Table.



TO THE CONSERVATION of the body of mankynde, within the lymitation of helth (whiche as Galene sayethe) is the state of the body, wherin we be neyther greued with peyne, nor lette from doinge our necessary busynesse, doth belonge the dilygent consyderation of thre sortes of thynges, that is to say, De tuenda sanitate lib. 1.

- Thynges Naturall,
- Thynges not naturall, and
- Thynges ageinst nature.

¶ Thinges Naturall be. vii. in number.

- Elementes.
- Complexions.
- Humours.
- Members.
- Powers.
- Operations and
- Spirites.

¶ These be necessary to the beinge of helth, accordynge to the order of their kynde: and be alway in the naturall body.

¶ Thynges not naturall be syxe in number.

- Ayre.
- Meate and drinke.
- Slepe and watche.
- Meuinge and rest.
- Emptinesse and repletion, and
- Affections of the mynde.

¶ Thynges ageinst Nature be thre.

- Syckenesse.
- Cause of syckenesse.
- Accident, whiche foloweth sickenes.

¶ Annexed to thynges naturall.

{ Age. { Fygure, and
{ Colour. { Dyuersitie of kindes.

¶ THE Elementes be those originall thinges vnmyxt and vncompounde, of whose temperãce and myxture all other thynges, haupnge corporall substaunce, be compacte: Of them be foure, that is to saye.

{ Erthe. { Ayre and
{ Water. { Fyre.

¶ ERTHE, is the mooste grosse and ponderouse element, and of her proper nature is colde and drye.

¶ VVATER, is more subtyll and lyght thanne erthe, but in repecte of Ayre and Fyre, it is grosse and heupe, and of her proper Nature is colde and moiste.

¶ EYRE, is more lyghte and subtyll than the other two, and beinge not altered with any exteriour cause, is properly hote and moiste.

¶ FYRE, is absolutely lyght and cleare, and is the clarifier of other elementes, if they be dyspyate or out of their naturall temperaunce, and is properly hote and drye.

¶ IT IS to be remembred, that none of the sayd elementes be cõmonly sene or felt of mortal men, as they are in their originall being: but they, whyche by our senses be percepued, be corupted with mutual mixture, and be rather erthy, watry, airy, and fyry, than absolutely erth, water, ayre, & fyre.

Of

Of the complexion of Man. Cap. 2.

COMPLEXION is a combynation of two dyuers qualities of the foure elementes in one bodye, as hotte and dyze of the fyze: hotte and moyste of the ayze, colde and moyste of the water, colde and dzy of the erth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualyties, whiche abounde in hym, moze thanne in the other, as hereafter inseweth.

¶ The Bodye, where heate and moysture haue soueraynte, is called *Sanguine*, wherin the ayze hath preeminence, and it is perceyued and knowen by these sygnes, whiche do folowe,

Sanguine.
- Carnolitie oz flesshynesse.
- The vaynes and arteries large.
- Heare plentie and redde.
- The visage white and ruddy.
- Sleape moche.
- Dzemes of blouddy thynges, oz thinges pleasaunt.
- Pulse great and full.
- Digestion perfecte.
- Angry shortly.
- Siege, vrine, and swyate abundaunt.
- Fallynge shortly in to bledynge.
- The vrine redde and thicke.

The brayne exceding in heate hath
- The heade and vysage verye redde and hote.
- The heare growinge faste blacke and courled.
- The vaines in the eyen apparant.
- Superfluouse matter in the nosethyrlles, eyen, and eares.
- The head annoyed with hote meates, drynkes, and sauours.
- Slepe shorte and not sounde.

The brayne exceding in cold hath
- Moche superfluitie running oute of the nose, mouthe, eares, and eyen.
- Heare streight and fyne, growynge slowly, and flaxen.
- The head disposed by smalle occasion to poules and murres.
- It is sone annoied with cold
- It is cold in touchinge.
- Vaynes of the eyen not sene.
- Sleapy somwhat.

Moyste in excesse hath
- Heares plaine.
- Seldome or neuer balde.
- Wytte dulle.
- Moche superfluities.
- Slepe moche and depe.

No

The brayne dry hathe
- No superfluities runnynge.
- wyttes good and redy.
- watchfull.
- Heares blacke harde and fast growynge.
- Balde shortly.

Complexions compounded.

Brayne hot and moyste distempered hath
- The head akynge and heuye.
- Fulle of superfluities in the nose.
- The southern wind greuous.
- The Northern wind holsome.
- Slepe deepe, but vnquyete, with often wakynges, and straunge dreames.
- The senses and wytte vnperfecte.

Brayne hot and dry dystempered hath
- None aboundaunce of superfluities, whyche maye be expelled.
- Senses perfecte.
- Moche watche.
- Sooner balde than other.
- Moche heare in chyldehoode and blacke or browne, and courlyd.
- The head hot and ruddye.

The

Brayne cõlde and moist dis-tẽpered hath
- The senses and wytte dulle.
- Moche sleape.
- The head sone replenysshed with su-perfluouse moysture.
- Distillations and poses or murres.
- Not shortly balde.
- Soone hurte with colde.

Brayne cold and dry dis-tẽped hath
- The head colde in felynge and with out colour.
- The vaynes not appearynge.
- Soone hurte with colde.
- Often discraſed.
- wytte perfecte in childhode, but in age dulle.
- Aged shortly and balde.

Of the Harte.

The hart hote dis-tẽped hath
- Moche blowinge and puffinge.
- Pulse swifte and buſye.
- Hardyneſſe and manhode moche.
- Promptnes actiuitie and quickenes in doinge of thinges.
- Fury and boldneſſe.
- The brest heary toward the lyft ſide.
- The brest brode, with the head lytle.
- The body hote, except the Lyuer do lette it.

The

The hart cold distempered hath
- The pulse very lyttell.
- The brethe lyttell and slowe.
- The breste narowe.
- The body all colde, except the lyuer dothe inflame it.
- Fearefulnesse.
- Scrupulosite, & moche care.
- Curiosite.
- Slowneſſe in actes.
- The breaste cleane without heares.

The harte moiste distempered hath
- The pulse softe.
- Sone angry & sone pacifyed.
- The body all moist, except the lyuer dispoſeth contrary.

The harte dry distempered hath
- The pulse harde.
- Not lyghtly angry, but being angry, not sone pacified.
- The body dry, except the liuer doth dispose contrary.

The harte hotte and mopste
- The breast and stomake hearty.
- Promptnes in actes.
- Soone angrye.
- Fiersnesse but not so moche as in hotte and dry.
- Pulse softe, swifte, and busy.
- Breth or wynd accordinge.
- Shortly falleth in to diseases cauled of putrifaction.

The harte hotte and drye hath
- The harte poulse greatte and swifte.
- The breth or wind accordinge.
- The breaste and stomake all heary.
- Quicke in his doinges.
- Boldnes and hardinesse.
- Swyft and hasty in mouinge.
- Soone styred to anger, and tyrannous in maners.
- The breaste brode, and all the body hotte and drye.

The harte colde and moyste hath
- The pulse sofie.
- Fearefull and timorous.
- Slowe.
- The brest clene without heare.
- Not hastylye angrye, nor retayninge angre.
- The breast narowe.
- All the body colde and moyste.

The harte colde and drye hath
- The pulse harde and lyttel.
- The wynde moderate.
- Seldome angrye, but whan it happeth, it dureth longe.
- The breaste cleane without heare and lyttell.
- All the body colde and drye.

Of the Lyuer.

The lyuer in hete distempered hath
- The vaynes large and hard.
- The bloud thicke by reson of vehement heate consumynge the suttel partes of moisture.
- The bealy heary.
- All the body hotte excedynge temperance.
- Moche red choler and bytter in youth.
- Moche blacke choler toward age by adustiō of red choler.

The lyuer colde distempered hath
- The vaynes smalle.
- Abundance of fleume.
- The bloud thinne and fleu matyke.
- All the body cold in feling, ⁊
- The bealy without heare.

The liuer moist distempered hath
- The vaynes softe.
- Moche bloude and thinne.
- All the body moist in feling excent the harte disposeth it contrary.

The lyuer dyze distempered hath
- The vaynes harde
- The bloud lytel and thicke.
- All the body dyze.

¶ THE complexions compounde, maye be decerned by the sayde symple qualyties. And here it is to be noted, that the heate of the harte maye vanquyshe the colde in the lyuer. For heate is in the harte, as in the fountayne or sprynge, and in the Lyuer, as in the Ryuer.

Galenus in arte parua. lib. 2.

Of the stomacke.

The stomake hot distempered.

- He digesteth welle, speciallye harde meates, and that wyll not be shortly altered.
- Lyght meates, and soone altered, be therin corrupted.
- The appetite lyttell and slow.
- He delyteth in Meates and drynkes, whyche be hotte, for euery natural complexion delyteth in his semblable.

The stomak cold distempered

- He hath good appetite,
- He dygesteth yll and slowely, specyally grosse meates and harde.
- Cold meates doth ware soure bynge in him vndigested.
- He delyteth in Meates and drynkes, which be Cold, and yet of them he is indammaged.

He

The ſtomake moiſt diſtempꝛyd
- He thyꝛſteth but ſeldome, yet he deſyꝛeth to dꝛynke.
- With ſuperfluouſe dꝛynke he is hurte.
- He delyteth in moiſt meates.

The ſtomake dꝛy diſtempered,
- He is ſoone thyꝛſty.
- Content with a lyttel dꝛinke.
- Diſeaſed with moche dꝛinke.
- He delyteth in dꝛy meates.

¶ IT IS TO be noted, that the dyſpoſitions of the ſtomake naturall, doo deſyꝛe that whiche is of lyke qualities. The diſpoſittons vnnatural doo deſyꝛe thinges of contrary qualyties. Galenus in arte parua.

¶ Alſo not the ſtomacke onely cauſeth a man to thyꝛſte oꝛ not thyꝛſte, but alſo the lyuer, the lunges, and the harte.

¶ *Of the genytories or ſtones of generation.*

The Genytoꝛies hot dyſtempered
- Greatte appetyte to the act of generation.
- Ingendꝛynge men chyldꝛen.
- Heare ſoone growen aboute the members.

The Genytoꝛies cold diſtempered
- Smalle appetyte to the acte of generation.
- Ingēdꝛynge women chyldꝛen.
- Slowe growthe of heare aboute the members.

The genitoꝛies moiſt diſtẽpꝛyd { Sede abundaunt but thynne and watry.

The genitoꝛies dꝛye diſtempꝛid { Sede lyttell but metely thycke in ſubſtance.

The genytoꝛies hote and moiſte {
- Laſſe appetite to lechery, than in them, whiche be hot & dꝛy.
- Moꝛe puiſſaunce to doo it, and with laſſe damage.
- Hurt by abſteynynge from it.
- Leſſe herines than in hot & dꝛy.

The genitoꝛies hotte and dꝛye {
- The ſede thicke.
- Moche frutefulneſſe of Generation.
- Greatte appetie and redyneſſe to the acte,
- Heare about the members ſone growen.
- Swiftnes in ſpedig of the act.
- Sone therwith ſatisfied.
- Damage by vſynge therof.

The genytoꝛies colde and moyſt {
- The ſede watry and thinne.
- Lyttell deſyꝛe to the acte, but moꝛe puyſſance than in them whiche be colde and dꝛye.
- Lyttell heares oꝛ none aboute the members.

Heares

The genitoryes colde and dryye
- Heares none or fewe.
- Litel apetite or none to lechery.
- Lyttell puissance to do it.
- Ingendrynge more females than men chylderne.
- That lytell sede that is, is thicker than in colde and moyste.

Of humours.

In the body of Man be foure principall humours, whiche contynuunge in the proporcion, that nature hath lympted, the body is free from all syckenesse. Contrary wise, by the increase or dimmution of any of them in quantitie or qualytie, ouer or vnder their natural assignement, inequall temperature commeth in to the body, whiche syckenesse, folowyth more or lasse, accordynge to the lapse or decaye of the temperatures of the sayd humours, whiche be these folowinge.

Bloudde, Fleume, Choler, Melancoly.

Bloudde hath preeminence ouer all other humours in sustaynynge of all lyuynge creatures, for it hath more conformitie with the originalle cause of lyuynge, by reason of temperatenes in heate and moysture, also nourissheth more the body, and restoreth that whiche is decayed, beinge the very treasure of lyfe, by lesse wherof, deathe immedyately folowyth. The dystemperature of bloud happeth by one of the other thre humours by the inordinate or superfluous mixture of them.

Of

¶ Of fleume.

Fleume is of two ſoꝛtes, { Naturall and Unnaturall.

¶ Natural fleume is a humour cold and moyſt, white & ſwete, oꝛ without taſt, ingendꝛed by inſufficiẽt decoctiõ in the ſecond digeſtiõ of ꝑ watry oꝛ raw partes of the matter decoct called *Chilus*, by ꝑ laſt digeſtiõ made apt to be cõuerted into bloud, in this humour, water hath dominiõ moſt pꝛincipal.

¶ Fleume vnnaturall is that, whyche is myxte with other humours, oꝛ is altered in his qualytie: And therof is. viii. ſondꝛy kyndes.

Fleume. {
- Watry, whyche is founde in ſpettyll of great dꝛinkers, oꝛ of them, whiche digeſte yll.
- Slymy oꝛ rawe.
- Glaſy, lyke to whyte glaſſe, thycke, viſcouſe lyke byꝛde lyme and heuy.
- Plaſtry, whiche is very groſſe, & as it were chalky, ſuch is found in the ioyntes of them, which haue the gowte.
- Salt, whiche is myngled with coler.
- Sower, myxte with melancoly, which commeth of coꝛrupt digeſtion.
- Ponticum. Harſhe, thycke and groſſe, whiche is ſeldome founden, whiche taſteth lyke grene crabbes oꝛ ſloes.
- Stiptyke oꝛ bindinge, is not ſo groſſe noꝛ cold, as harſh, and hath the taſte lyke to greene redde wyne, oꝛ other like, Trayninge the tunge.

Choler

¶ Choler doth participate with naturall heate as longe as it is in good temperaunce, and therof is also two kyndes.

Naturall and
Unnaturall.

Choler naturall,

Naturall coler is the fome of bloud, the colour wherof is redde and clere, or more lyke to an orēge colour, and is hot and drye, wherin the fire hath dominion, and is lyght and sharpe, and is ingendred of the most subtyll parte of matter decocte, or boyled in the stomacke, whose beginninge is in the lyuer.

¶ Unnaturall choler is that whiche is myxte or corrupted with other humours, wherof be foure kyndes.

Choler vn naturall

Citrine or yelowe choler, which is of the mixture of natural choler & watry fleume, & therfore hath lesse heat than pure choler.

Yelky, like to yelkes of egges, which is of ỹ mixture of fleume congeled, & choler natural, and is yet lasse hote than the other.

Grene like to 'ekes, whose begining is rather of ỹ stomak, than of ỹ liuer.

Grene like to grene cāker of mettal, & bourneth like venim, & is of exceding adustiō of choler or fleum: & by these two kides nature is mortified.

¶ Melancoly or blacke choler is deuyded in to two kyndes.

Naturall, whyche is the dregges of pure bloud, and is knowen by the blacknes, whā it ysseth either downewarde or vpwarde, and is verily colde and dry.

Vnnaturalle, whyche procedeth of the aduſtion of colerik mixture, and is hotter and lighter, haupnge in it violence to kyll, with a daungerous diſpoſition.

Meates ingendrynge choler.

Garlyke.
Onyons,
Rokat,
Karſes.
Lekes,
Muſtarde,
Pepper,
Honye,
Wyne moche dronken.
Swete meates
Inwardes of beaſtes.
Lambes fleſſhe.
The ſynewe partes of fleſſhe.
Skynnes.
Braynes.
Lunges,
Rapes,
Cucumbers,
Repletion.
Lacke of exerciſe.

Meates ingendrynge fleume.

¶ All ſlymye and cleauynge meates.
Cheſe newe.
All fyſſhe, ſpecyally in a fleumatike ſtomake.

Meates ingendrynge melancoly.

¶ Bieke.
Gotes fleſſhe.
Hares fleſſhe.
Bores fleſſhe.
Salte fleſſhe.
Salte fyſſhe.

Cole=

Colewortes.
All pulse, excepte whyte peason.
Browne breadde course.
Thycke wyne.
Blacke wyne,
Olde chese.
Olde flesche.
Great fisches of the sea.

¶ Of the members.

¶ There be diuersities of mẽbers, that is to saye.

Principall members.
- The brayne.
- The harte,
- The lyuer,
- The stones of generation.

Offyctalle members.
- Synewes, whiche doo serue to the braine.
- Arteries, or pulses, whiche do serue to the harte.
- Vaynes, which do serue to the lyuer.
- Vessels spermatike, wherin mannes seede lyeth, whyche doo serue to the stones.

Partes called Similares, for beinge deuyded, they remain in them selfe like as they were.
- Bones.
- Gristell.
- Calles betwixt the vttermoste skinne and the flesche.
- Vulkeis or kylets.
- Fatte.
- Flesche.

Membres instrumentall.
- The ſtomake.
- The raines.
- The bowelles.
- All the great ſynewes.

Theſe of their vertue do appetite meate & alter it.

Meates whiche do hurte the tethe.

Very hotte meates.
Nuttes,
Swete metes & drikes
Radyſhe rootes.
Harde meates.
Aylke.
Bytter meates.
Moche vompte.
Leekes.
Fyſhe fatte.
Lymones.
Colewortes.

Thynges which do hurt the eyes.

Dronkenneſſe.
Leek erye.
Muſte,
All pulſe.
Swete wynes, and thycke wynes.
Hempe ſede.
Very ſalte meates
Garlyke,
Onyons.
Colewortes,
Radyſhe.
Reedynge after ſupper immediately.

Makynge great oppilations.

Thycke mylke.
All ſwete thinges.
Rye breadde.
Sweete wynes.

Meates inflatynge or wyndye

Beanes.
Lupines.
Cicer,
Mille,
Cucumbers.
All ſuyce of herbes.
Fygges drye.
Rapes,
Nauewes rawe.

Mylke

Mylke.
Hony not well clarified.
Swete wyne,
Muſte.

Camomylle.
Mellylote.
Rewe,
Frankincenſe.

Thinges good for a colde head.

¶ Cububes.
Galingale.
Lignum aloes.
Maioram,
Baulme myntes.
Gladen.
Nutmygges,
Muſke,
Roſemarye,
Roſes,
Pionye.
Hyſſope,
Spyke,
Yreos.
Penyroyall.
Saulge.
Elycampane.
Calampynt.
Betayne.
Sauery.
Fenell.
Labdanum.
The leues of laurell.
Ambra.

Hote thinges conſeruynge a colde Harte.

¶ Cynamome.
Saffron.
Cozalle.
Cloues,
Lygnum aloes.
Perles,
Macis,
Baulme myntes.
Myrabolanes,
Muſke.
Nutmigges,
Roſemarye.
The bone of the harte of a redde deere.
Maioram,
Bugloſſe.
Borage.
Setuall.
Golde.
Ambra.
Cardamomum.
Baſyll.
Been redde and whyte.
Betayne.

Thynges good for the Lyuer.

¶ Wormewode.
Wyth wynde.
Agrymonye.
Saffron.
Cloues.
Endyue.
Lyuerworte.
Cykorie.
Plantayne.
Dragons,
Raysons greatte.
Saunders.
Fenell.
Violettes.
Rosewater.
Lettyse.

Thynges good for the Lunges.

¶ Elycampane.
Hysope.
Scabiose.
Lykorise.
Raysons.
Mayden heare.
Penidies.
Almondes,
Dates,
Pystaces.

Thynges good for the eyes.

¶ Eyebryght.
Fenell.
Veruyn.
Roses.
Celandyne.
Agrymonye.
Cloues.
Colde water.

Thynges makynge the stomake stronge.

¶ Mirabolanes.
Nutmygges.
Organum.
Pystaces.
Quynces,
Olybanum,
Wormewode,
Saffron,
Corralle,
Agrimonye,
Funytorye,
Galyngale.
Cloues,
Lignum aloes.
Maſtix.
Mynte.
Spodium.
The innermoſt ſkine

of

of a hennes gyſar.
Coꝛiander pꝛepared.
Olyue beries.
Rayſons.
Nuttes with kyges.
The tide of an oꝛẽge.
Rowghe wynes.
Woꝛmwode ſtiped in wyne oꝛ ale.
Tarte grapes. Aloes.

Of Powers.

- Anymall,
- Spirituall,
- Naturall.

Naturall power,
- Whiche dothe mynyſter.
- To whome is mynyſtred.

Whyche dothe mynyſter,
- Appetiteth,
- Retaineth,
- Digeſteth,
- Expelleth.

To whome is mynyſtred,
- Ingendꝛeth,
- Nouriſſheth,
- Feedeth.

Power ſpirituall
- Warkynge, whyche delateth the harte and arteryes, and efteſoones ſtraynethe them.
- Woꝛoughte, whyche is ſtyꝛed by an exterioꝛ cauſe to woꝛke, whereof cometh anger, indignation, ſubtilitie, and care.

That

Power animall
- That whyche ordeyneth, discerneth, and composeth.
- That moueth by voluntarye mocyon.
- That whyche is called sensyble, whereof do procede the fyue wyttes.

Of that which ordeineth do procede
- Imagination in the forheed.
- Reason in the braine.
- Remembrance in the nodell.

Operations.
- Appetite by heate and drythe.
- Digestion by heate and moisture.
- Retaynynge by colde and drithe.
- Expulsion by cold and moyst.

THE Spirite is an ayry substance subtyll, stryvynge the powers of the body to perfourme theyr operations, which is dyuyded into

Spirit
- Naturall, whiche taketh is beginninge of the lyuer, and by the vaynes, whiche haue noo poulse, spreadeth into all the holle bodye.
- Vitall, whiche procedeth from the harte, and by the arteries or pulses is sente into all the body.
- Animalle, whyche is ingendred in the brayne, and is sente by the synewes throughout the body, and maketh sence or felynge.

An-

¶ Annexed to thynges naturall.

Ages be foure.
- Adolescency to. xxv. yeres, hotte and moyst, in the whiche tyme the body groweth.
- Juuentute vnto. xl. yeres, hotte and drye, wherin the body is in perfyte growthe.
- Senectute, vnto. lx. yeres, colde and drie, wherin the bodye beginneth to decreace.
- Age decrepite, vntil the last time of lyfe, accidently moist, but naturally cold and dry, wherin the powers and strength of the body be more and more minished.

¶ Colour.

- Of inwarde causes.
- Of outwarde causes.

Colour of inward causes.
- Of equalytie of humoures, as he that is redde and white.
- Of inequalytie of humoures, wherof doo procede, blacke, salowe, or white onely.
- Redde, Blacke, Salowe, do betoken domynion of heate.
- White, colde of fleume.
- Pale, colde of melancolye.
- Redde, abundaunce of bloudde.
- Salowe, choler citrine,
- Blacke, melancoly or coler adust.

Colour of outwarde causes.
- Of colde or heate, as englyshe me be white, Moores be black.
- Of thynges accydentalle, as of feare, of anger, of sorowe, or other lyke motions.

Colour of heare.
- Blacke, either of abundaunce of coler inflamed, or of moche incendynge or adustion of bloudde.
- Red heare of moche heate not adust.
- Gray heares of abundaunce of melancholye.
- Whyte heares of the lacke of naturall heate, and by occasyon of fleume putrifyed.

¶ All the residue concerninge thinges naturall, conteyned in the Introduction of Joannicius, and in the lyttell crafte of Galene, I pourposely passe ouer for this tyme, for asmoche as it dothe requyre a reder haupnge some knowlege in philosophye naturall, or els it is to harde and tedyouse to be vnderstande.

¶ The seconde Table.

THYNGES not Naturall be soo called, by cause they be no portion of a naturall body, as they be which be called Naturall thinges: but yet by the temperance of them, the body beinge in healthe, is therin preserued. By the dystempe-

raunce

raunce of them, ſyckeneſſe is induced, and helth is diſſolued.

¶ The fyrſte of thinges not naturall is ayre, or breth which is properly of it ſelfe, or of ſome materiall cauſe or occaſion, good or yll.

¶ That which is of it ſelfe good, hath pure vapours, and is of good ſauour.

¶ Alſo it is of it ſelfe ſwifte in alteration, from hotte to colde, wherin the body is not moche prouoked to ſweate for heate, ne to chylle for vehemency of colde.

¶ Ayre among al thinges not natural, is chiefly to be obſerued, foraſmoch as it dothe both incloſe vs, and alſo enter into our bodyes, ſpecially the moſte noble member, which is the Harte, and we can not be ſeperate one howre from it, for the neceſſitie of breathinge and fetchinge of wynde.

The cauſes, wherby the ayre is corrupted, be ſpecyally foure.

- Influences of ſundry ſterres.
- Greate ſtandynge waters neuer refreſhed.
- Carayne lyenge longe aboue grounde.
- Moch people in ſmal roume liuing vnclenly and ſluttiſhely.

Wyndes bryngyng holſome ayre,

- North, which prolongeth lyfe by expoulſynge yll vapours.
- Eaſt is temperat & luſty.

wyndes bryngynge yll ayre. { Southe coꝛruptethe, and maketh yll vapours. / Weste, is very mutable, whyche nature doth hate.

Of meate and drinke.

¶In meate and dꝛynke we muste conſyder ſyxe thynges.

- Subſtaunce,
- Quantitie,
- Qualitie,
- Cuſtome.
- Tyme,
- Order.

¶Subſtaunce, ſomme is good, whiche maketh good iuyce, and good bloudde: ſome is ylle, and ingendꝛeth yll iuyce, and yll bloudde.

Meates and drynkes makynge good iuyce.

BRead of pure flour ſomwhat leuened, well baked, not to olde noꝛ to ſtale.
Egges of feſantes hennes oꝛ partriches newe layd, poched, meane betwene rere and haide.
Mylke newe mylked dꝛonke faſtynge, wherin is ſugar, oꝛ the lauues of myntes,
Feſauntes.
Partriches oꝛ chikens.
Capons oꝛ hennes.
Bꝛydes of the fieldes.
Fiſche of ſtony ryuers,
Veale ſuckinge,
Boꝛke ponge.
Bieſe not paſſynge thꝛe yeres.
Pygeons.

Venyſon

Venyson of redde dere.
Peale potage with myntes,
Fete of swine or calues.
Fygges ripe, } before
Raysons, } meales.
Borage.
Languedebieke.
Persely.
Myntes.
Ryse with almõd mylk.
Letyse,
Cycorie.
Grapes rype.
Wynes good moderatly taken, well fyned.
Ale and biere syx dayes old, cleane brewed, and not stronge.
Mirthe and gladnesse.
The lyuer and braines of hennes and chykens and ponge geese.
Inwarde of beastis.
Blacke puddynges.
The hart lyuer and kydneys of all beastes.
The braynes and mary of the backbone.
Wodde culuers.
Shell fyshe, excepte creupse deau doulce.
Chese harde.
Apples and peres moche vsed.
Fygges and grapis not rype.
All rawe herbes, except letise, borage, & cykory.
Onios, } cõtinuelly eatê
Garlik, } specially of thê
Lekes, } which be chole ryke.
Wine in must or soure.
Feare, sorowe, pensyfenesse.

Meates and drynkes makynge yll iuyce.

OLde beefe.
Olde mutton.
Geese olde.
Swanne olde.
Duckes of the kanell.

Meates makynge thycke iuyce.

¶ Rye breadde.
Muste.
Breadde without leuen.
Cake breadde,
Sea fyshe greatte.

Shelle fyshe.
Biefe,
The kydneys.
The lyuer of a swyne,
The stones of beastes.
Wylde moche sodden.
Rapes.
All rounde rootes,
Cucumbers,
Swite wyne.
Deepe redde wyne.
Fenell.
Cheese,
Egges fryed or harde.
Chesten nuttes,
Nauewes,
Fygges grene.
Appuls not ripe.
Pepper.
Rokat.
Lekes,
Onyons, moche vsed.

THE SECONDE BOKE.

Of Quantitie. Ca. 1.

THE Quantitie of meate muste be proporcioned after the substaunce and qualite therof, and accordinge to the complexion of hym that eateth. Fyrst, it ought to be remembred, that meates hote and moyste, whyche are qualyties of the bloudde, are soone tourned into bloudde, and therfore moche nourysheth the body. Some meates do nourishe but lyttell, haupnge lyttell conformitie with bloudde in their qualities. Of them, whiche do nourishe, some are more grosse, some lyghter in digestyon. The grosse meate ingendreth grosse bloude, but where

where it is well concocte in the ſtomake, and well digeſted, it maketh the fleſhe more fyrme, and the officiall members more ſtronge, thanne fyne meates. Wherfore of men, which vſe moch labor or exercile, alſo of them, which haue very cholerike ſtomackes here in Englande, groſſe meates may be eaten in a great quantitie: and in a cholerike ſtomake biefe is better dygeſted than a chykens legge, foraſmoche as in a hotte ſtomacke fyne meates be ſhortly adufte and corrupted. Contrarywiſe in a colde or fleumatyke ſtomake groſſe meate abydeth longe vndigeſted, and maketh putrified matter: lyght meates therfore be to ſuche a ſtomacke more apte and conuenyent. The temperate bodye is beſte nourylſhed with a lyttell quantitie of groſſe meates: but of temperate meates in ſubſtaunce and qualytie, they maye ſafely eate a good quantitie. Forefeene alway, that they eate withoute gourmandyſe, or leaue with ſommme appetyte. And here it wolde be remembred, that the cholerycke ſtomake doth not deſyre ſoo moche as he maye dygeſt: the melancholye ſtomacke maye nat dygeſte ſoo moche as he deſyreth. For colde maketh appetite, but naturall heate concocteth or boyleth. Not withſtandynge vnnaturall or ſupernaturall heate diſtroyeth appetite, and corrupteth dygeſtyon, as it appereth in feuers. More ouer, fruytes and herbes, ſpecyally rawe, wolde be eaten in a ſmall quantitie, all thoughe the perſone be very cholerycke, for aſmoche as they do ingender thynne, watrye

Concocte or boyled

Aduſt or burned.

Gourmãdyſe or glouteny.

watrye bloudde, apte to receyue putrykactyon, whyche all thoughe it be not shortelye perceyued of theym that vse it, at lengthe they feele it by sondrye dyseases, whyche are longe in commynge, and shortelye sleeth, or be hardely escaped. Fynally, excesse of meates is to be abhorred. Eccl.37. For as it is sayde in the booke called Ecclesiasticus, In moche meate shall be sickenesse, and inordinate appetite shall approche vnto choler. Semblablye, the quantitie of drynke wolde be moderated, that it excede not, nor be equalle vnto the quantitie of meate, specially wyne, whiche moderately taken, aydeth nature, and comforteth her, and as the sayde authour of Ecclesiasticus sayth, Wyne is a reioycinge to the soule and bodye. And Theognes sayethe, in Galenes warke, A large draught of wyne, is yll. A moderate draught is not onely not yll, but also commodiouse or profytable. Eccl 31. Calen. de cuen. saui.

Of *qualitie of meates*. Cap. 2.

Qualytie is in the complexion, that is to say, it is the state therof, as Hotte or colde, moist or dry. Also some meates be in wynter colde in acte, and in vertue hotte. And it wolde be considered, that euerye complexyon temperate and vntemperate, is conserued in his state, by that whyche is lyke therto in fourme and degree. But that whyche excedeth moche in dystemperaunce, by that whyche is contrarye to hym in fourme or qualitie

qualytie, but lyke in degree moderately vſed. By fourme is vnderſtand groſſeneſſe, fyneneſſe, thickeneſſe, or thynneſſe, by degree, as the fyrſte, the ſeconde, the thyrde, the fourthe, in heate, colde, moyſture, or dryethe.

Of Cuſtome. Capit. 3.

CUſtome in feedynge is not to be contemned, or lyttell regarded: for thoſe meates, to the whiche a man hathe bene of longe tyme accuſtomed, though they be not of ſubſtaunce commendable, yet do they ſomtyme laſſe harme than better meates, wherunto a mã is not vſed. Alſo the meates and drynkes, whiche do moch delyte hym that eateth, are to be preferred before that, which is better, but more vnſauerye. But yf the cuſtome be ſoo pernycious, that hit needes muſte be lefte, thanne wolde it be withdrawen by lyttelle and lyttelle in tyme of healthe, and not of ſyckeneſſe. For yf it ſhoulde be withdrawen in tyme of ſyckeneſſe, Nature ſhulde ſuſteyne treble detriment, fyrſte by the grief induced by ſyknelſe, ſeconde by receyuynge of medicines, thirdly by forbearyng the thyng, wherin ſhe deliteth. Hippocrates aphoriſmo. 2. Galenus.

¶Of the temperature of meates to be receyued. Cap. 4.

TO kepe the body in good temper, to theym, whose naturall complexion is moyst, ought to be gyuen meates, that be moyste in vertue or power. Contrarywise to theym, whose naturalle complexion is drye, ought to be gyuen meates drye in vertue or power. The bodyes vntemperate, suche meates or drynkes are to be gyuen, which be in power cõtrary to the distemperance, but the degrees are alwaye to be considered, as welle of the temperaunce of the bodye, as of the meates. For where the meates doo moche excede in degree the temperature of the bodye, they annoye the body in causyng distemperaunce, As hot wynes, pepper, garlycke, onyons, and salte, be noyfull to theym, whyche be cholerycke, bycause they be in the highest degree of heate and dryethe, aboue the iuste temperaunce of mannes body in that complexion. And yet be they oftentymes holsome to them, whiche be fleumatike. Contrarye wyse, colde water, colde herbes, and colde fruites moderately vsed, be holsom to cholerike bodyes, by puttynge away the heate, excedinge the naturall temperature: and to them, whyche be fleumatyke, they be vnholsome, and doo bryng into them distemperaunce of colde and moist.

What

¶ what diſtemperaunce hapneth by the exceſſe of ſundry qualities in meates and drynkes. Cap. 5.

Meates
- Colde, do congele and mortifye.
- Moyſt, do putrifie and haſten age.
- Drye, ſucketh vp naturall moiſture.
- Clammy, ſtoppeth the iſſue of vapors and vrine, and ingendrethe toughe fleume and grauell.
- Fatte and oyly, ſwymmeth longe in the ſtomake, and bryngeth in lotheſomneſſe.
- Bytter, dothe not nouryſhe.
- Salte, do frette moche the ſtomake.
- Harryſhe, lyke the taſte of wylde fruites, do conſtipate and reſtrayne.
- Swete chauffeth the bloudde, and cauſeth opilations or ſtoppynges of the pores and cundytes of the body.
- Sower cooleth nature, and haſteneth age.

¶ *what commoditie happeneth by the moderate vſe of the ſayd qualities of meates and drynkes. Cap. 6.*

Meates.
- Cold aſſwageth the burning of coler.
- Moiſt humecteth that which is dzied.
- Dzy, cõſumeth ſuperfluous moiſture
- Clammye, thycketh that, whyche is ſubtyll and perſynge.
- Bytter, cleanſeth and wypeth of, alſo mollifieth and expelleth fleume.
- Salte, relenteth fleume clammy, and dzyeth it.
- Fatte and vnctuous, nouriſheth, and maketh ſoluble.
- Stiptike oz rough on the tonge, bynꝺeth and comfozteth appetite.
- Sweete, dothe cleanſe, diſſolue, and nouryſhe.

¶ *Of breadde. Cap. 7.*

BReadde of fyne floure of wheate, haupnge no leupn, is ſlowe of digeſtion, and makethe ſlymy humours, but it nourſheth moche: if it be leupned, it digeſteth ſooner: bzeade hauing moch bzanne, fylleth the belly with excrementes, and nourſheth lytell oz nothynge, but ſhozt ly deſcenꝺeth from the ſtomake: The meane betwene both ſufficiently leupned, well moulded, and moderatly baken is the moſte holſome to euerye age, the greateſt loues do nourſhe moſt faſt, foz almoch

as

as the fyre hathe not exhausted the moysture of them. Hotte breadde, moch eaten, maketh fulnes and thyrste, and slowely passeth. Barley breadde clenseth the body, and doth not nourysshe so moch as wheate, and maketh colder iuyce in the body.

¶ Of flesshe. Cap. 8.

Beefe of Englande to Englysshemen, whiche are in helth, bringeth stronge nourysshynge, but it maketh grosse bloude, and ingendreth melancoly: but beyng of yonge oxen, not excedynge the age of four yeres, to them, whiche haue colerike stomakes, it is more conuenient, than chikens, and other lyke fyne meates.

Swynes flesshe.

Aboue all kyndes of flesshe in nourysshynge the body, Galene most commendeth porke, not beyng of an olde swyne, and that it be well digested of hym that eateth it. For it maketh beste iuyce, it is moste conuenient for yonge persons, and them which haue sustayned moch labour, and therwith ar fatigate, and become weake, yonge pigges are not cõmended before that they be one month old, for they do brede superfluous humours.

Lambe,

Is verye moyste and flurmatike, wherfore it is not conuenient for aged men, except that it be very drye rosted, nor yet for theym, whiche haue in their stomake moche fleume.

Mutton,

Galene dothe not commende it, not withstan-

De alime. lib. 3. ding experience proueth here in this realme, that yf it be yonge, it is a right temperate meate, and maketh good iuyce: and therfore it is vsed more than any other meate, in all diseases. And yet it is not lyke good in all places, nor the shepe, whyche beareth fyneſt wolle, is not the sweteſt in eatynge, nor the moſte tender. But I haue founde in some countrays mutton, whiche in whiteneſſe, tenderneſſe, and sweteneſſe of the fleſhe, mought be well nygh compared to kydde, and in digeſtion haue proued as holsome.

Kydde and ueale.

Of Galene is commended nexte vnto porke, but some men do suppoſe, that in helth and sikneſs they be moch better than porke, the iuyce of them both being more pure. And here it is to be noted, that of all beaſtes, whiche be drye of their nature, the yongeſt be mooſte holsome: of them that are moyſte, the eldeſt are leſt hurtfull,

Hare, Cony,

Hippo. de ratione uictus lib. 2. cap. 19. Plin. 28. Maketh groſſe bloudde, it dryeth and stoppeth, but yet it prouoketh a man to piſſe. Cony maketh better and more pure nourysshment, and is sooner digeſted than hare. It is well proued, that there is noo meate more holsome, or that more cleane, firmely, and temperatly norysheth than rabettes.

Dere redde and falowe.

Hippocrates affyrmeth the fleſhe of hartes and hyndes, to be of yll iuyce, harde of digeſtion and drye, but yet it moueth brine. Of falowe dere, he nor any other olde writer dothe speake of, as I remember

remembred. I suppose, because there be not in all the world so many as be in Englande, where they consume a good parte of the beste pasture in the realme, and are in nothynge profytable, saynge that of the skynnes of them is made better lether than is of calues: the huntynge of them beynge not so pleasaunt, as the huntynge of other venery or vermyne, the flesshe moche more vnholsome and vnpleasant, than of a redde dere, ingendrynge melancoly, and makinge many fearefull dreames, and disposeth the bodye to a feuer, if it be moche eaten: not withstandinge the fatte therof, as som lerned men haue supposed) is better to be digested, than the leane.

Of Byrdes.

The flesshe of all byrdes, is moch lighter than the flesshe of bestes in comparison, most specially of those foules, whiche truste most to theyr wynges, and do brede in high countreys.

Capons, Hennes, and Chyckens.

The Capon is aboue all other foules praised, for as moche as it is easily digested, and maketh lyttell ordure, and moche good nourysshment. It is commodious to the breaste and stomake.

Hennes in wynter, are almoste equall vnto the capon, but they do not make so stronge nourisshement. Aupcen sayth, if they be rosted in the bealy of a kydde or lambe, they wyll be the better.

Chickens in sommer, specially if they be cockrelles are very conuenient for a weake stomake, and nourisheth

nouriſheth a lytell. The fleſhe of a cocke is hard of digeſtion, but the brothe, wherin it is boyled, louſeth the bealy, and haupnge ſodden in it colewortes, Polypodium, or Cartamus, it purgith yl humours, and is medicinable agaynſte gowtes, ioynt aches, and feuers, which come by courſes.

Feſaunt,

Excedeth all fowles in ſweteneſſe and holſomneſſe, and is equall to a capon in nouriſhynge, but he is ſomwhat drier, and is of ſome men putte in cõpariſon, meane betwene a henne & a partriche.

Partryche,

Of all fowles is moſt ſoneſt digeſted: and hath in hym moche nutriment, comforteth the brayne, and maketh ſede of generation, and receiueth luſt whiche is abated.

Quayles,

Although they be of ſome men commended, yet experience proueth them to increace melancolye, and are of a ſmall nouriſhinge.

Larkes,

Be as well the fleſhe as the broth, very holſom, eaten roſted, they do moche helpe ageinſt the colyke, as Dioſcorides ſayth.

A plouer,

Is ſlowe of digeſtion, nourſheth lytell, and increaſeth melancolye.

Blacke byrdes or ouſyls,

Among e wylde fowle hath the chicke prayſe, for lyghtneſſe of digeſtion, and that they make good nourſhment, and lyttell ordure.

Sparowes,

Sparowes

Be harde to digeſt, and are very hote, and ſtyreth vp Uenus, and ſpecially the brayns of them.

woodcockes,

Are of a good temperaunce, and metely lyghte in digeſtion.

Pygeons,

Be eaſily digeſted, and ar very holſom to them, whiche are fleumatike, or pure melancoly.

Gooſe,

Is hard of digeſtion, but being yong and fatte, the wynges be eaſy to dygeſte in a hole ſtomake, and nourſheth competently.

Ducke,

Is hoter than gooſe, & hard to digeſt, & maketh wars iuice, ſauing the braunes on the breaſt bone and the necke is better than the remnaunt.

Crane and buſtarde,

Crane is harde of digeſtion, and maketh ylle iuyce, but beinge hanged vp longe in the ayre, he is the laſſe vnholſome. Buſtarde being fatte, and kept without meate a day or two afore that he be kylled, to expulſe his ordure, and than drawen, and hanged as the crane is, beinge roſted or baken, is a good meate, and nourſheth well, if he be well digeſted.

Hearon, Byttour, Shoueler,

Beinge yonge and fatte, be lyghtlyer dygeſted than crane: and the byttour ſoner than the hearone. And the ſhouelar ſooner than any of them: but all theſe fowles muſte be eaten with moche

gynger or pepper. & haue good olde wine drunke after theym, and soo shall they be more easyly dygested, and the iuyce commynge of theym, be the lasse noysull.

¶ The partes and members of byrdes and beastes. Cap. 9.

The wynges brawnes and necke of gese, capons, hennes, fesaunt, partriche, and smalle byrdes beinge fatte, are better than the legges in digestion, and lyghter in nourishyng. Of wylde foule and pygeons beinge fatte, the legges are better than the wynges: the brawnes of ducke, teale, and wygeon except, whiche is better to dygeste: than the residue.

The gysar or stomake

Of a goose or henne beinge fatte with branne and mylke, beinge well sodden or made in poulder, is good for the stomake, in makinge it strong to digest, and nourysheth competently.

The lyuer,

Of a capon, henne, fesaunte, or goose, beinge made fatte with mylke myxte with their meate, is not onely easy to digeste, but also maketh good iuyce, and nourysheth excellently. But the lyuers of beastes be yll to digest, passethe slowly, and maketh grosse bloud, but it is strong in nouri shinge.

The

¶ *The inwarde of beaſtes, as trypes and chytterlynges.*

The fleſſhe of them is moze harde to dygeſt. And therfoze although they be wel digeſted, yet make they not iupce naturallye ſanguyne oz cleane, but rawe iupce and colde: and requyzeth a longe tyme to be conuerted in to bloud,

The lunges or lyghtes,

Are moze eaſy to digeſt, than the lyuer, and laſſe nouriſheth, but the nouriſhment, that it maketh, is fleumatike: albeit the lunges of a Foze, is medicinable foz them, which haue ſiknes of ꝑ lūges.

The ſplene or mylte,

Is of yl iuice, foz it is the chamber of melancoly.

The harte,

Is of harde fleſhe, and therfoze is not wel digeſted, noz paſſeth ſhoztly, but where he is wel digeſted, the iupce ꝑ it maketh, is not to be diſpzaiſed.

The brayne

Is fleumatyke, of groſſe iupce, ſlowe in dygeſtyng, nopouſe to the ſtomake, but where it is wel digeſted, it nouriſheth moche.

Marowe

Is moze delectable than the bzayne, it is yll foz the ſtomacke, but where it is well digeſted, it noryſheth moche.

The ſtones and vdders

Beinge well digeſted, do nouryſhe moche, but the ſtones are hotter with their moyſtnes, the vdders colde and fleumatike, they both do increaſe ſede of generation, but the bloud made of the vd-

der is better than that, whiche cometh of the ſtones, excepte it be of calues and lambes. Alſo the ſtones of cockes, maketh cõmendable nouriſhmẽt.

The head,

The fleſhe therof nourypſheth moche, and augmenteth ſeede: but it is ſlowe of digeſtion, and noyeth the ſtomake, but to them, whiche vſe moche exerciſe, it is not diſcommendable.

The tounge,

Is of a ſpũgy and ſanguine ſubſtance, but the kernelles and griſtell, whiche are in the rootes, if they be wel digeſted, they make good nouriſhmẽt: if they be not wel digeſted, they make fleme.

The feete

Beinge welle boyled and tender, in a holle ſtomake, dygeſteth welle, and maketh good iuyce, and paſſeth foꝛth eaſily. Galene commendeth the fete of ſwyne. But I haue pꝛoued, that the feete of a ponge bullocke tenderly ſodden, and layde in ſowſe two dayes oꝛ thꝛe, and eaten colde in the euenninge, haue bꝛought a colerike ſtomake into a good digeſtion and ſlepe, and therwith hath alſo expulſed ſalt fleme and coler, and this haue I found in my ſelfe by often experience: alway foꝛſene, that it be eaten befoꝛe any other meate, without dꝛynkynge immediatly after it.

Of fyſhe generally. Cap. 10.

The beſte fyſhe after the opinion of Galen, is that, whiche ſwymmeth in the pure ſea, and is tolled and lyfte vp with wyndes and ſourges.

The

The more calme that the water is, the warse is the fysshe, they whiche are in muddy waters, doo make moche fleume and ordure: taken in fennes and dyches by warste, beinge in freesshe ryuers, and swyfte, be sometyme commendable: all be it generally, al kyndes of fysshe maketh more thinner bloud, than flesshe, so that it dothe not moche nourysshe, and it doth sonet passe out by vapors: to a hotte colerike stomake, or in feuers, somtyme they be holsome, being newe, freesshe, and not very harde in substance or slymy. harde fysshe is harde of digestion, but the nourishment therof is more firme, than that, which is softe: those which haue moche grosse humours in them, ar best, poudred.

¶Of Butter. Cap. xi.

Butter is also nourishynge, and profiteth to them, whiche haue humours superfluouse in the breaste or lunges, and lacketh rippnge and clensynge of theym: specially if it be eaten with sugar or honye. If it be well salted, it heatethe and clenseth the more.

¶Of Chese. Cap. xii.

Chese by the hole sentence of all writers, letteth digestion, and is enemye vnto the stomake. Also it ingendreth yll humours, and bredeth the stone. The chese which doth leest harme, is softe chese, reasonably salted, which some men do suppose, nourysheth moche.

¶Of Egges. Cap. 13.

EGges of feſauntes, hennes, and partryches, be of all other meates moſte agreable vnto nature, ſpecially if they be newe layde: If they be rere, they do clenſe the thyote and breſt. If they be harde, they be ſlowe in digeſtion. but beynge ones digeſted, they do nouryſhe moche. Meane betwene rere and harde, they digeſt conuenyently and nouryſhe quyckely. Egges well poched, are better than roſted. If they be fried harde, they be of yll nourychment, and do make ſtynkynge fumes in the ſtomake, and do corrupt other meates with whome they be myngled. They be moſt holſome whan they be poched, and moſte vnholſome whan they be fryed. Dioſcorides ſayth. If they be ſouped warme, before any other meat, they do hea'e the grefes of the bladder and raynes, made with grauell: alſo ſorenes of the chekes & thyote, and ſpittyng of bloude: and they be good againſt catars or ſtilling out of the hed into the ſtomake.

¶Of Fruites. Cap. 14.

FOr as moche as before that tyllage of corne was inuented, and that deuouringe of fleſhe and fyſhe was of mankynde vſed, men vndoubtedlye lyued by fruites, and Nature was therewith contented and ſatisfied: but by chaunge of the dicte of our progenytours, there is cauſed to be in our bodyes, ſuche alteration frome the nature, whiche was in men at the begynnynge, that nowe all fruites generally are noyfull to manne,

and

and do ingender yll humours, and be ofte tymes the cause of putrified feuers, if they be moche and continually eaten. Not withstanding vnto them, which haue abundaunce of coler, they be somtime conuenient, to represse the flame, which procedeth of coler. And some fruites whiche be styptike, or bynding in tast, eaten before meales, do bynd the bely, but eten after meales, they be rather laxatiue

¶Of *Gourdes*.

GOurdes rawe be vnpleasant in eatinge, yll for the stomake, and almost neuer digested. therfore he that wyll nedes eate them, must boyle them, roste them, or frye them, euery waye they be without sauour or taste, and of theyr proper nature, they gyue to the body cold and moyst nouishment, and that very lyttell, but by reason of the slyppernes of their substance, and because al meates whiche be moyste of their nature, be not byndynge, they lyghtly passe forth by the bealye. And being well ordred, they wyll be metely concoct, if corruption in the stomake do not preuent them: they be cold and moist in the seconde degree.

¶Of *Melones and Pepones*.

MElones and Pepones be almooste of oone kynde, but that the melone is rounde lyke an apple, and the innermoste parte therof, where the sedes are conteyned, is vsed to be eaten. The Pepon is moche greatter, and somewhat longe and the inner part therof is not to be eaten: They both

bothe are very colde and moyſt, and do make yll iuyce in the body, if they be not well digeſted, but the pepon moch moze than the melon, they do leſt hurt, if they be eaten afoze meales. Albe it, if they do fynde in the ſtomake fleume, they be turned in to fleume, if they finde choler, they be turned in to choler. Not withſtandynge there is in theym the vertue to clenſe & to pzouoke vrine, they be colde and moyſt in the ſeconde degree.

¶ Cucumbers.

Galen. de alimen. fa. 2.

CUcumbers do not excede ſo moche in moyſture as melons: and therfoze they be not ſo ſoone coꝛrupted in the ſtomacke: but in ſome ſtomakes, being moderatly vſed, they do digeſt wel: but if they be abundantely eaten, oꝛ moche vſed, theꝛ ingender a colde and thycke humour in the veynes, whiche neuer oꝛ ſeldome is tourned in to good bloud, and ſomtyme bꝛyngeth in feuers. Alſo they abate carnall luſt. The ſedes as wel thereof, as of melones and gourdes, beinge dꝛyed, and made cleane from the huſkes, are very medycinable againſt ſyckeneſſes pꝛocedynge of heate, alſo the difficultie oꝛ let in pyſſynge, they be colde and moiſt in the ſecond degre.

Dates,

BE harde to digeſte, therfoze beinge moche eaten, and not wel digeſted, they annoy the head and cauſe gnawynge in the ſtomacke, and make groſſe iuyce, and ſometyme cauſe obſtructyons oꝛ ſtopppynges in the lyuer and ſplene. And where there

there is inflammation or hardneſſe in the bodye, they are vnholſome, but beinge well digeſted and temperately vſed, they nourſhe and make the fleſhe firme, and alſo byndeth the bealy: olde dates be hotte and dry in the fyrſt degree: newe gathered are hotte and moiſt in the firſt degree.

¶Of Fygges.

FIgges eaten, do ſhortely paſſe out of the ſtomacke, and are ſoone diſtributed in to all the partes of the body, and haue the power to clenſe, Aetius.s. ſpecially grauelle, beinge in the raynes of the backe, but they make no ſubſtancial nouriſhment, but rather ſomewhat lowſe and wyndye, but by their quicke paſſage, the wynde is ſone diſſolued. Therfore if they be rype, they do leaſt harme of any fruites, or almoſte none. Dry figges and old, are more hotte and dryer than newe gathered, but beinge moche eaten, they make yll bloudde and iuyce, and as ſome do ſuppoſe, do ingender lyce, and alſo anoyeth the lyuer and the ſplene, if they be inflamed, but hauinge the power to attenuate or make humours currant, they make the bodye ſoluble, and do clenſe the raynes. Alſo beinge eaten afore diner with gynger or pepper, or powder of tyme, or peny royall, they profyt moch to them, whiche haue oppilations or harde congeled matter in the inner partes of the body, or haue diſtillations or reumes fallyng into the breſte and ſtomake. New figges are hot and moiſt, olde figges are hot in the firſt degree, and dry in the ſeconde.

¶Of grapes and raiſons.

Galen.de alimen.2. GRapes do not nourpſhe ſo moch as fygges, but beinge rype, they make not moche ylle iuyce in the body: albeit newely gathered, they trouble the bealye, and fylleth the ſtomacke with wynde, therfore if they be hanged vp a whyle, er they be eaten, they are the laſſe noyfull. Sweete Dioſco.5. grapes are hotteſt, and do lowſe ſomewhat, and make a man thyrſty. Sowre grapes are cold, and do alſo lowſe, but they are hard of digeſtion, and yet they do not nouriſhe. They whiche are in taſt bytter or harrpſhe, be lyke to them that are ſoure. Raylons do make the ſtomake firme and ſtrong, and do prouoke apetite, and do comforte weake bodyes, beinge eaten afore meales: they be hotte in the firſt degree, and moyſt in the ſeconde.

¶Of Cheries.

CHeries, if they be ſwete, they do ſoone ſlyp downe into the ſtomake, but if they be ſoure or charpe, they be more holſome, and do louſe, if they be eaten freſhe, and newly gathered. they be cold and moiſt in the firſt degree.

¶Of Peaches.

PEaches doo laſſe harme, and doo make better iuyce in the bodye, for they are not ſoo ſone corrupted being eaten. Of the iuyce of them may be made a ſyrope, very holſome agaynſt the diſtemperance of coler, wherof procedeth a ſtynkynge breathe. they be colde in the fyrſte degree, and moyſte in the ſeconde.

Of

¶Of Appulles.

ALL appulles eaten ſone after that they be gathered, are cold, hard to digeſt, and do make yll and corrupted bloudde, but beinge well kepte vntyll the nexte wynter, or the yere folowinge, eaten after meales, they are right holſome, and doo confirme the ſtomake, and make good digeſtion, ſpecially if they be roſted or baken, moſt properly in a cholerike ſtomake. They are beſte preſerued in hony, ſo ꝑ one touch not an other. The roughe taſted appuls are holſome, where the ſtomake is weake by diſtemperance of heate or moche moyſture: The bytter appuls, where that griefe is increaced: The ſoure appuls, where the matter is congeled or made thycke with heate. In dyſtemperature of heate and dryethe by drynkinge moch wine, they haue ben found cõmodious, beinge eaten at nyght, goinge to bedde, without drynkinge to them: they be cold and moiſt in the firſt degree.

¶Of Quynces.

QUynces be cold and dry, eaten afore meale, they bynde and reſtraine the ſtomake, that it may not digeſt well the mete, except that they be roſted or ſodden, the core taken out, and myxte with honye clarified, or ſugar, than they cauſe good appetite, and preſerueth the hed from drunkenneſſe: taken after meate, it cloſeth and draweth the ſtomake togyther, and helpeth it to digeſte, and mollyfieth the bealy, if it be aboundantly taken, they be cold in the fyrſt degree, and dry in the beginninge of the ſeconde.

¶ Of Pomegranates.

POmegranates be of good iuyce, and profytable to the stomake, specially they, which are swete: but in a hotte feuer, they that are sowre, be more expedient and holsome. for than the sweete do incende heate, and puffe vp the stomake.

¶ Of Peares.

PEares are moche of the nature of apples, but they are heuyer, but taken after meate, rosted or baken, they are not vnholsome, and do restrain and knytte the stomake, beinge rype: they be cold and moyst in the first degree.

¶ Medlars.

MEdlars ar cold & dry, and cõstrictife or straininge the stomake, and therfore they may be eaten after meles as a medycine, but not vsed as meate, for they ingender melancoly. they be colde and dry in the seconde degree.

¶ wallnuttes.

VWallnuttes, if they be blanched, are supposed to be good for the stomake and somwhat lousynge the bealy, myxt with sugar they do nourysche temperately. Of two dyre nuttes, as many fygges, and .xx. leaues of Rewe, with a grayn of salt, is made a medicine, wherof if one doo eate fastyng, nothinge which is venomous, may that day hurte hym, and it also preserueth agaynst the pestilence, and this is the very ryght Mithridate. they be hot and dry in the second degre, after some opinions hot in the third degre, dry in the second.

Fyl-

Fylberdes and haſyll nuttes,

They are moze ſtronge in ſubſtance than wall-nuttes, wherfoze they are not ſo eaſily oz ſone digeſted. Alſo they do inflate the ſtomak, and cauſe head ache, but they ingender fatte. And if they be roſted, they are good to reſtrayne reumes. Alſo eaten with pepper, they ar^ good againſte tourmentes of the bealy, and the ſtopppnge of vryne. they be hotte and dze in the fyrſt degree.

Of Almondes.

They do extenuate and clenſe without any bynddynge, wherfoze they pourge the bzeſte and lunges, ſpecially bitter almondes. Alſo they do mollyfye the bealy, pzouoke ſleape, and cauſeth to pyſſe well. Fyue oz ſyxe of them eaten afoze meat, kepeth a man from beinge drunke: they be hotte and mopſte in the fyrſt degree.

Cheſtyns.

They beinge roſted vnder the ymbers oz hot aſches, do nouryſhe the body ſtrongly, & eaten with hony faſtyng, do helpe a man of the cough.

Prunes

Of the gardeyn, and tryp, do diſpoſe a man to the ſtoole, but they do bzynge no maner of nouryſhement. To this fruite lyke as to figges, this pzopertye remayneth, that beinge dzyed they doo pzofite. The damaſke pzune rather bindeth than lowſeth, and is moze commodious vnto the ſtomake, they be cold and moiſt in the ſecond degree.

Olyues

Condyte in ſalt lycour, taken at the begynnyng

of a meale, dothe corroborate the ſtomake, ſtireth appetite, and louſeth the bealy, beinge eaten with vyneger. They whiche be rype, are temperately hote: they which be grene, are cold and dry.

Of Capers.

They nouriſhe nothynge after that they be ſalted, but yet they make the bealy louſe, and pourgeth fleume, whiche is therin conteyned. Alſo ſtireth appetite to meat, and openeth the obſtructions or ſtoppynge of the lyuer and ſplene, beinge eaten with ormell, before any other meate: they be hote and dry in the ſecond degree.

Orenges.

The rynde taken in a lyttell quantitie, do comfort the ſtomake, where it digeſteth, ſpecially condite with ſugar, and taken faſtynge in a ſmalle quantitie. The iuyce of orenges haupnge a toſte of breadde put vnto it, with a lyttell powder of myntes, ſugar, and a lyttell cynamom, maketh a very good ſauce to prouoke appetite. The iuyce eaten with ſugar in a hotte feuer, is nat to be diſcommended. The rynde is hotte in the firſte degree, and dry in the ſeconde. The iuyce of theym is colde in the ſeconde degre, and dry in the fyrſt.

Herbes vſed in potage, or to eate. Cap. 15.

GEnerally all herbes raw, and not ſodden, do ingender cold & watry iuyce, if they be eaten cuſtomably, or in abundance: albeit ſome herbes are more comeſtible, and do laſſe harme vnto nature, & moderatly bind, maketh metely good blud.

Lettyſe.

¶Lettyſe.

AMonge al herbes, none hath ſo good iuyce as lettyſe: for ſome men do ſuppoſe, that it maketh aboundance of bloudde, albeit not very pure or perfyte. It dothe ſette a hotte ſtomake in a very good temper, and maketh good appetite, and eaten in the euenynge, it prouoketh ſlepe, albeit, it neither dothe lowſe nor bynde the bealye, of his owne propertie. It increaſeth mylke in a womans breaſtes, but it abateth carnall appetite, and moche vſynge therof, hurteth the eye ſyght. It is colde and moyſt temperately.

¶Colewortes and Cabages.

BEfore that auarice cauſed marchauntes to fetche out of the eaſte and ſouthe partes of the world, the traffyke of ſpyce and ſundry drouges, to content the vnſaciablenes of wanton appetites, Colewortes for the vertues ſuppoſed to be in theym, were of ſuche eſtimation, that they were iudged to be a ſufficient medicine agaynſte all diſeaſes, as it may appere in the boke of wyſe Cato, wherin he writeth of huſbandry. But nowe I wyll no more remember, than ſhalbe requyred, in that whyche ſhall be vſed as meate, and nat pure medicine. The iuyce thereof hath vertue to purge: the holle leaues being halfe ſodden, and the water poured out, and they being put eftſones into hot water, and ſodden vntyll they be tender, ſo eaten, they do bynde the bealy. Some doo ſuppoſe, if they be eaten rawe with vyneger, before meate, it ſhall preſerue the ſtomake from ſurfettynge

fettynge, and the head from drunkeneſſe: albeit moche vſynge of them dulleth the ſyght, except the eyes be very moyſte. Fynally the iuyce that it maketh in the bodye is not ſo commendable, as that whiche is ingendred of lettyſe. It is hote in the firſt degree, and drie in the ſeconde.

¶ Of Cykorie or ſuckorie.

IT is lyke in operation to lettiſe, and tempereth coler wonderfully, and therfore in all colerike feuers, the decoction of this herbe, or the water therof ſtylled, is ryght expedient. ſemblably the herbe and rote boyled with flesshe, that is freſhe, being eaten, kepeth the ſtomake and head in very good temper. I ſuppoſe that Southiſtel & Dentdelyon, be of lyke qualities, but not ſo conuenient to be vſed of theym, whiche are hole, bycauſe they ar wylde of nature, and more bitter, and therfore cauſeth faſtidiouſnes or lothſomneſſe of the ſtomake. It is colde and drie in the ſecond degre.

¶ Endyue and Scariole.

THe moche like in their operation to Cykorie, but they are more conuenient to medicine than to meate. Albeit Scariole called whyte Endyue, haupnge the toppes of the leaues turned in, and layde in the erthe, at the latter ende of ſommer, and couered, becometh white and criſpe, lyke to the great ſtalkes of cabage lettyſe, which take vp and eten with vineger coolith the heate of the ſtomake. And to them that haue hote ſtomakes and dry, they be right holſome, but being to moch vſed, or in very great quantitie, they ingender the humour,

humour, whiche maketh the colyke. they be colde and moiſt in the firſt degree.

Malowes

Are not colde in operation, but rather ſomwhat warme, and haue in them a ſlypperneſſe: wherfore being boyled and moderatly eaten with oyle and vyneger, they make nete ly good concoction in the ſtomake, and cauſeth the ſuperfluous matter therin eaſily to paſſe, and clenſeth the bealye. It is hotte and moyſt in the firſt degree. Galen. 2. de alimẽ tis.

white betes

Are alſo abſterſiue, and lowſeth the bealye, but moche eaten, annoyeth the ſtomake: but they are vyght good againſt obſtructions or ſtoppyng of the lyuer, if they be eaten with vyneger or muſtarde. lykewyſe it helpeth the ſplene. It is colde in the firſt degree, and moiſt in the ſeconde.

Pourſlane

Dothe mitigate the great heat in al the inward partes of the bodye, ſemblably of the head and eyes: alſo it repreſſeth the rage of Venus, but yf it be preſerued in ſalt or bryne, it heateth and purgeth the ſtomake. It is colde in the thirde degre, and moiſt in the ſeconde.

¶ Cheruyle

Is verye profytable vnto the ſtomacke, but it may not ſuſtein very moch boiling: eten with vineger, it prouoketh appetite, & alſo vrine. The decoctiõ therof dronk with wyne, cleſeth ỹ bladder.

I Dozell

Sorell

Beinge ſodden, it louſeth the bealy. In a tyme of peſtilence, if one beinge faſtynge, doo chewe ſome of the leaues, and ſucke downe the iuyce, it meruayloſely preſerueth from infections, as a new practiſer callid Guainerius doth write. And Dioſcorides lib. 2. ca. 106. I my ſelf haue proued it in my houſhold. The ſedes therof braied and drunke with wine & water, is very holſome agaynſt the colyke, and frettinge of the guttes. it ſtoppeth fluxes, and helpeth the ſtomake annoyed with replecion. It is cold in the third degree, and dry in the ſeconde.

Perſely

Is very conuenient to the ſtomak, and comforteth appetite, and maketh the breathe ſweete, the ſedes and roote cauſeth brine to paſſe welle, and breaketh the ſtone, diſſolueth wyndes. the rootes boyled in water, and therof oximell beinge made, it diſſolueth fleume, and maketh good digeſtion. It is hote and dry in the third degree.

Fenell

Beinge eten, the ſede or rote maketh abundance of mylke: lykewyſe drunke with ptyſane or ale. The ſede somewhat reſtrayneth flure, prouoketh to pyſſe, and mitigateth freattynges of the ſtomake and guttes, ſpecially the decoction of the roote, if the matter, cauſynge frettynge be colde, but if it be of a hotte cauſe, the vſe thereof is dangerous, for inflammation or exulceration of the raynes or bladder. It is hotte in the third degree, and dry in the fyrſt. Galē. ſim. de medicamen. li. 3. ca. 74.

Anyſe

¶Anyse sede.

Maketh swete breth, prouoketh brine, and driueth downe thinges, cleaupnge to the raynes or bladder, stpreth vp courage, & causeth abundance of mylke. It is hote and dry in the third degre.

¶Beanes

They make wynde, how so euer they be ordered: the substance, whiche they do make, is spungye, and not firme, albeit they be absterstue or clensinge the body, they tary longe or they be dygested, and make grosse iupce in the body, but yf onyons be sodden with them, they be lasse noyful.

Peasyn

Are moche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the bodye: they be also absterstue or clensing, specially white peason, & they also cause metely good nourishing, the huskes taken awaye. And the brothe, wherin they be sodden, clenseth right wel the raynes and bladder.

Rape rotes and Nauews. Cap. 16.

The iupce made by them, is very grosse: And therfore beinge moche eaten, if they be not perfytely concocte in the stomake, they doo make crude or rawe iupce in the raynes. Also if they be not well boyled, they cause wyndes, and annoye the stomake, and make sometyme frettynges: If they be well boyled fyrst in cleane water, and that beinge cast a way, the second tyme with fat flesche, they nourysche moche, and doo neyther lowse nor

bynde the bealy. But Nauews do not nourysshe so moche as rapes, but they be euen as wyndye.

¶ Turnepes,

Beinge welle boyled in water, and after with fatte flesshe, norisheth moch, augmenteth the sede of man, prouoketh carnall lust. Eaten rawe, they stirre vp appetite to ete, beinge temperatly vsed and be conuenient vnto them, whyche haue putrified matter in their breastes or lunges, causing them to spytte easily, but beinge moche and often eaten, they make rawe iuyce and wyndynesse.

Parsnepes and carettes.

Gal. simp. med. li, 7.

¶ They do nourisshe with better iuyce than the other rootes, specially carettes, whiche are hotte and dry, and expelleth wynd. Not withstandinge moche vsed, they ingender yll iuyce: but carettes lasse than parsnepes, the one and the other expelleth vrine.

¶ Radisshe rootes

Paulus Egineta. Dioscorides.

Haue the vertu to extenuate, or make thyn, and also to warme. Also they cause to breake wynde, and to pysse: being eaten afore meales, they lette the meate, that it may not discende, but beinge eaten laste, they make good digestion, and louseth the bealy, though Galenus write contrarye. For I, amonge diuers other, by experience haue proued it: not withstandynge they be vnholsome for them, that haue continually the goute, or peynes in the ioyntes.

Lib. 7. de alimentis.

Garlyke,

It dothe extenuate and cutte grosse humours, & slymy,

ſlymy, diſſolueth groſſe wyndes, and heateth all the body. alſo openeth the places, whiche are ſtopped, generally where it is well digeſted in the ſtomake: it is holſome to dyuers purpoſes, ſpecially in the body, wherin is groſſe matter, or moch cold incloſed. if it be ſodden vntyll it louſeth his tarteneſſe, it ſomewhat nourysheth, and yet loſeth not his properte, to extenuate groſſe humours: being ſodden in mylke, it profiteth moche agaynſte diſtyllations from the head into the ſtomake.

Onions

Do alſo extenuate, but the longe onions more than the rounde, the red more than the whyte, the dyre more than they whiche be grene: alſo rawe more than ſodden, they ſtire appetite to meat, and put away lothſomnes, and lowſe the bealy, they quycken ſyght: and beinge eaten in great abundance with meat, they cauſe one to ſlepe ſoundly.

Leekes,

Be of yll iuyce, and do make troublous dreames, but they do extenuate and clenſe the bodye, and alſo make it ſoluble, and prouoketh vrine. More ouer it cauſeth one to ſpytte oute eaſily the fleume, whiche is in the breaſte. Galen. 7. cap. 138.

Sauge.

It heateth, and ſommewhat byndeth, and therwith prouoketh vrine, the decoction of the leaues and braunches beinge drunke. Alſo it ſtoppeth bledynge of woundes, beinge layde vnto them. More ouer it hath ben proued, that women, whiche haue ben longe tyme without chylderne, and

haue dronke.x.ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before that they haue companyed with their husbandes, haue conceyued at that tyme. It is hotte and dry in the thyrde degree, the blynge thereof is good against palseys.

Isope,

Dothe heate and extenuate, wherby it digesteth slymy fleume: beinge prepared with fygges, it pourgeth fleume downewarde, with honye and water vpwarde, boyled in vyneger, it helpeth the tothe ake, if the teethe be washed therwith. It is hote and dry in the third degree.

Bourage

Comforteth the harte, and maketh one merye, eaten rawe before meales, or layde in wyne that is dronke: Also mollifieth the bealy, and prepareth to the stoole. It is hote and moist in the myddell of the first degree.

Sauery

Pourgeth fleume, helpeth dygestion, maketh quyck syght, prouoketh vrine, and styreth carnall appetite. It is hote and dry in the third degre.

Rokat

Heateth moch, and increaseth sede of man, prouoketh courage, helpeth digestion, and somewhat louseth. It is hote and moyst in the second degre.

Tyme

Dissolueth wyndes, breaketh the stoone, expulsyth vrine, and ceasseth frettynges. It is hotte and dry in the third degree.

Penirial

Penyryall

Dothe extenuate, heate, and decocte, it refourmeth the ſtomake, oppreſſed with fleume, it dothe recomforte the faynt ſpirite, it expelleth melancoly by ſege, and is medicinable agaynſt many diſeaſes. It is hote and dry in the third degree.

¶ Townecreſſes.

Paulus diſcommendeth, ſayenge, that it reſiſteth concoction, and hurteth the ſtomacke, and maketh yll iuyce in the body, taken as medicine it helpeth many diſeaſes. It is hotte and drye in the third degree.

¶ Roſemary

Hath the vertue to heate, and therfore it diſſolueth humour congeled with colde: It helpeth agaynſt palſeys, fallinge ſickenes, olde diſeaſes of the breaſte, tourmentes or frettynge, it prouoketh brine and ſweat: it helpeth the cough taken with pepper and hony, it putteth away tothe ake, the roote beinge chewed, or the iuyce therof put in to the tothe, beinge bourned, the fume therof reſyſteth the peſtilence: the rynde thereof ſodden or burned, & the fume receyued at the mouth, ſtoppeth the reume, whiche falleth out of the head into the chekes or throote: whiche I my ſelfe haue proued, the grene leaues bruyſed, doo ſtoppe the hemorroides, yf they be layde vnto theym. This herbe is hote and dry in the third degree.

Spices

¶ Spyces growinge out of this realme vſed in meate or drynke. Cap. 17.

¶ Pepper.

BLacke pepper is hotteſt, and moſt dry, white pepper is next, longe pepper is moſte temperate. The generall propertie of all kyndes of pepper is to heate the body: but as Galene ſayth, it perceth downewarde, and dothe not ſpreade in to the vaynes, if it be groſſe beaten. It diſſolueth fleume and wynde, it helpeth digeſtion, expulſeth vrine, and it helpeth againſte the diſeaſes of the breaſte, procedynge of colde. It is hotte in the firſt degre, and dry in the ſeconde.

¶ Gynger

Heateth the ſtomake, and helpeth digeſtion, but it heateth not ſo ſoone as pepper: but afterward the heate remayneth longer, & cauſeth the mouth to be moiſter: Being grene, or well confectioned in ſyrope, it comforteth moche the ſtomacke and head, and quyckeneth remembraunce, if it be taken in the morowe faſtynge. It is hotte in the ſecond degree, and dry in the firſt.

Saffron

Somewhat byndeth, heateth, and comforteth the ſtomake and the harte ſpecially, and maketh good digeſtion, being eaten or dronken in a ſmall quantitie. It is hotte in the ſeconde degree, and dry in the fyrſt.

Cloues,

Hath vertue to comfort the ſynewes, alſo to conſume and diſſolue ſuperfluous humours. They be

be hotte and dry in the thyrd degree: ſodden with mylke, it comforteth the debilitie of nature.

Maces.

Dioſcorides commendeth to be drunke agaynſt ſpitting of blod, and bludy fluxes, & exceſſiue laſkes. Paulus Egineta addeth to it, that it helpeth the colyke: they be hotte in the ſecond degree and drye in the thirde degree. It is to the ſtomake very commodyous, taken in a lyttell quantitie.

Nutmigges,

with their ſwete odour comforte and diſſolue, and ſomtyme comforteth the power of the ſyght, and alſo the brayn in colde diſcraſies, and is hote and dry in the ſecond degree.

¶ Of *drynkes, and fyrſt of water.* Cap. 18.

VNdoubtedly water hathe preemynence aboue all other lycoures, not onely bycauſe it is an elemēt, that is to ſay, a pure matter, wher of al other lycours haue their original ſubſtance: but alſo foraſmoche, as it was the very naturall and fyrſt drynke to all maner of creatures. Wherfore the ſayeng of Pindarus the poete, was euer well allowed, whiche ſaythe, water is beſte. And one thynge is well conſidered, that from the creation of the worlde, vntyl' the vniuerſall deluge or floudde, duringe which tyme, men lyued eight or nyne hunderde yeres, there was none other drynke vſed nor knowen, but water. Alſo the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued longe: as Apollonius and

other: and in the serchinge out of secrete and mysticall thynges, their wyttes excellyd. Moreouer, we haue sene men and women of great age, and stronge of body, whyche neuer or verye seldome, dranke other drynke, than pure water: As by example in Cornewall, although that the countrey be in a very colde quarter, whiche proueth, that if men from their infancye, were accustomed to none other drynke, but to water onely, moderatly vsed, it shuld be sufficient to kepe naturall moysture, and to cause the meat that is eaten, to perce and discende vnto the places of digestion, whiche are the pourposes that drynke serueth for. But nowe to the qualities of water, after the sentence of auncient philosophers and physitions, The rayne water, after the opinion of the most men, if it be receyued pure and cleane, is most subtyl and penetratiue of any other waters: the next is that, whiche issueth out of a spring in the east, and passeth swiftly among great stones or rockes: The thirde is of a cleane ryuer, whyche renneth on great harde stones or pebles. There be dyuerse meanes to trie out, whiche is the beste water. For that whiche is lightest in poyse or weight is best, also that, wherof cometh leest skymme or frothe, whan it doth boyle. Also that, which wyll sooneste be hot. Moreouer deape linnen clothes in to sundry waters, and after lay them to dry, & that whiche is soneste dry, the water wherin it was deaped, is most subtyl. After a great surfete, specially take with superfluouse eatinge of banketynge meates,

tes, cold water dronken, is a general remedy. Hippocrates affermeth þ in sharp & feruent diseases, none other remedy is to be requyred, than water. And Galen wyl not, that childzen shuld be let frō dzinking of water: but that whan they fele thē selfes very hote, after meales, and do desire to dzink water, specially of a cleane fountayne, they shuld be suffred. Also Hippocrates saith, In such sikenes where as thou feareſt, lest the head shuld be vehemently greued, oz the mynde perished, there must thou giue eyther water, oz white wyne alayd with moche water. Not withstanding there be in water causes of dyuers diseases as of swellynge of the splene, and the lyuer, it also flytteth & swymmeth, and it is longe oz it perceth, in as moche as it is colde & slowe in decoction, it lowseth not the bealy noz prouoketh brine. Also in this it is vyctouse, that of his proper nature, it maketh none ordure. Fynally, alway respect muste be hadde to the persone, that dzynketh it. foz to yong men, and them, that be hotte of complexion, it dothe lasse harme, and somtyme it profyteth. but to them that are feble, olde, fleumatike, oz melancoly, it is not cōuenyent. De ratiōe uictus in mor. acutis lib. 1.

¶ Of wyne. Cap. 19.

PLato, the wyseſt of all phylosophers, dothe affirme, that wyne moderately dzunke, nouryſheth and comfozteth, as well all the bodye, as the spirites of man. And therfoze god dyd ordeyn it foz mankynde, as a remedy againge the incommodities of age: that therby they shulde seme to

retourne vnto youth, and forgette heuynes. Undoubtedly wyne heateth and moysteth the bodye, whyche qualities chiefely conserueth Nature.

And Galene of all wynes, cõmendeth that, whiche is yelow and clere, saying. That it is the hotteste, and white wyne leste hotte. And the coloure meane betwene both, of semblable temperature. The yelowe wyne, whiche is the proper colour of very hotte wynes, to olde men dothe bryngе theſe cõmodities. Fyrſt it heateth all their members: also it purgeth by vrine, the watrye substance of the bloud. Moreouer, the wynes, whiche be pale or yelowe, and full of substance, they do increase bloude, and nouriſhe the bodye: but for the more part olde men haue nede of suche wynes, whiche do prouoke vrine: forasmoche as in them doo abounde watry excrementes or superfluities. And they whiche do tary longe in the bealy, be not apt for aged men. Blacke or deepe redde wynes and thicke, do bind and congele that whiche they doo fynde in the body, and although some of theym do not long abyde in the bealy, yet they moue not vrine, but rather withdraweth: but yet they doo harme to olde men, forasmoche as they do stoppe the cundites of the ſplene, the lyuer, and the raynes. Also groſſe wines be beſt for them, which desire to be fat, but it maketh opilations: olde wyne and clere, is better for them, that be fleumatike.

Galene also prohibiteth chylderne to drynke any wyne, forasmoche as they be of a hote and moyſt temperature, and so is wyne: and therfore it heateth

lib. 1. de uen. sani.

teth and moysteth to moche their bodies, and fylleth their heades with vapoures. Moze ouer he wolde that ponge men shulde dzynke lyttell wine, foz it shall make them pzone to fury and to lecherye: and that parte of the soule, whiche is callyd rationall, it shall make troublous and dulle: not withstandinge, yet it is sometime pzofitable to mitigate oz expell oxdure, made of coler oz melancoly. Also it pzofyteth against dzythe, whiche happeneth in the substance of the body, either by to moche labour, oz by the pzoper temperature of age: foz wyne moysteth and nourisheth that, which is to dzie, also mitigateth and dissolueth the sharpnes of coler, & purgeth it also by vrine & sweate: Finally (as Theognes saith) Moch dzinkinge of wyne is yll, but moderate dzynkynge of wyne is not onely not yll, but also commodious and pzofytable. Whiche sentence is confyzmed by Jesus Syzac, in the boke named Ecclesiastic² sayinge, Wyne moderately dzunke, reioyseth both the body and soule. Wherfoze to conclude this chapter, There is neyther meate noz dzynke, in the vse wherof ought to be a moze discrete moderation, than in wyne, consyderynge that beinge good and dzunke in due tyme and measure, it not only conserueth naturall and radica'l moysture, whereby lyfe indureth, but also it helpeth the pzincypall members, whiche belonge to digestion, to do their office: On the other parte, being yll oz corzupt, oz taken out of oxder and measure, it dothe contrary to all the pzemisses, besydes that it transfoxmeth Eccle. 13.

a man or woman, makynge them beastly. More of the qualities of wine, shall be touched hereafter in the order of diete.

¶Of Mylke. Cap. 20.

Aetius. MIlke is compact of thre substances, creame, whey, & cruddes. The moste excellent milke is of a woman. The mylke of a cow is thyckest, the mylke of a camell is most subtyll, the mylke of a goote is betweene cowe mylke, and camell mylk. Ewes mylke is betweene cowe mylke and asses mylke. Also the mylk of beastes, fedynge in large pastures, and out of fennes and marshes, is better than of them, whiche be fedde in lyttell closes, or in watry groundes. In spринge tyme mylke is most subtyll, and mylke of yong beastes, is holsomer, than of olde. To chyldren, olde men, and to them, which be oppressed with melancoly, or haue the flesshe consumed with a feuer ethike, mylke is conuenient. And generally to all them, whiche do not fele the mylk rise in their stomakes, after that they haue eaten it: and in those persons, it dothe easily pourge that whiche is in the bealye superfluous. And afterwarde it entreth in to the vaynes, and bringeth good nourishement. Who soo euer hath an appetit to eate or drynke mylke, to the entēt that it shal not arise or abraied in the stomake, let hym put in to a vessell, out of the whiche he wyll receyue it a few leaues of myntes, sugar or pure hony. And in to that vessell cause the best to be mylked, and so drynke it warme from the

udder:

vdder: or els let hym do as Paulus Egineta teacheth, that is to say, boyle first the mylke with an easy fire, & sethe it after with a hotter fire. & skym it clene, and with a spunge deaped in cold water, take that cleane away, which wolde be burned to the vessell, than put to the mylke, salt and sugar, & stere it often. More ouer mylke taken to purge melancoly, wold be dronke in the morning abundantly newe mylked as is before written. And he that drinketh, shuld absteyn from meate, and exercise, vntyll the milke be digested, and haue somwhat purged the bealy. For with labour it becometh soure: & therfore it requyreth rest & watch or to walke very softly. Finally, where men & wome be vsed from their childhode, for the more part, to mylke, and do eate none or lyttell other meate, but mylke and butter, they appere to be of good complexion and facion of body, & not so moche vexed with sycknes, as they whiche dronke wine or ale: not withstandinge moch vse of milke in men sanguine or colerike, doth ingender the stone. Oribasius de confectione ciborū li. 3.

¶ Of ale, biere, cyder, and whay.

I Can neither here nor rede, that ale is made and vsed for a cōmon dronke in any other countrey than England, Scotlād, Ireland, & Poyle. The latyn worde *Cereuisia*, is indifferent as welle to ale as to biere. If the corne be good, the water holsome and cleane, and the ale or biere welle and perfytelye brewed and clensed, and by the space

of

of syx dayes or more, settled and defecate, it must nedes be a necessary & conuenient drynk, as well in syknes as in helth: consyderinge that barleye corne, wherof it is made, is commended, and vsed in medicine, in all partes of the world, & accompted to be of a syngular efficacy, in reducynge the body into good temper, specially which is in a distemperature of heate. For what auncient phisition is there, that in his workes commendeth not ptysane, whiche is none other than pure barley, brased in a morter, and sodden in water? The same thynge is smalle and cleane ale or byere, saynge that perchaunce, the drienge of the malte, is cause of more drypth to be in the ale, than in ptisane. And the hoppes in biere maketh it colder in operation. But to say as I thynke, I suppose, ỹ neither ale nor biere is to be compared to wyne, consideringe, that in them do lacke the heate and moysture which is in wyne. For that being moderately vsed, is most lyke to the naturall heate and moysture of mans bodye. And also the syrour of ale & biere beinge more grosse, do ingender more grosse vapours, and corrupt humors than wyne doth, beinge drunke in like excesse of quantitie.

¶ As for Cyder, maye nat be good in any condicion, consyderynge (as I sayde) that all fruites doo ingender yll humours, and doo coole to moche naturall heate: but to them, whiche haue abundance of red coler, moderatly vsed, it somewhat profyteth in mitigation of excessyue heate. But who that wyll diligently marke in the countreys.

treys. where ſyder is vſed for a common drynke, the men and women haue the colour of their vyſage pallyd, and the ſkynne of theyr vyſage ryuelled, although that they be yonge. Whay, yf it be lefte of the butter, beinge well ordred, and not drunke, vntyll it haue a thycke curde of mylke ouer it, lyke to a hatte, is a right temperate drinke for as moche as by the vnctuoſitie of the butter, wherof the whay retayneth ſom portiõ, it is both moiſt and nouryſhynge, and clenſeth the breaſte: and by the ſubtylnes of it ſelfe, it diſſendeth ſone from the ſtomake, and is ſhortly digeſted. Alſo by reaſon of the affinitie, whiche it hath with mylke, it is conuertible in to bloude and fleſhe, ſpecyally in thoſe perſons, whiche do inhabyte the northe partes, in whom naturall heate is conglutinate, and therfore is of more puiſſance and vertue in the office of concoction. Alſo cuſtome from chyldhode doth eleuate the power of meates and drynkes in their diſpoſition, not withſtandynge that the foure humours, ſanguine, coler, fleume, and melancoly, muſt alſo be conſydered, as it ſhal appere in diuers places hereafter.

¶Of Honye. Cap. 22.

HOnye as welle in meate as in drynke, is of incomparable efficacy, for it not onely clenſeth, altereth, and noriſheth, but alſo it long tyme preſerueth that vncorrupted, which is put in in to it. In ſo moche as Plyny ſayth: Suche is the nature of hony, that it ſuffreth not the bodies to putrifie.

Plin.li.22 trikle. And he affirmeth, that he dyd se an Hippocentaure (whiche is a beaste halfe man, half horse) brought in honye to Claudius the emperour out of Egypte, to Rome. And he telleth also of oone Pollio Romulus, who was aboue a hundred yeres olde, of whome Augustus the emperour demanded, by what meanes he lyued so longe, and retayned styll the vygour or liuelines of body and mynd, Pollio answered, ꝑ he dyd it inwarde with meade (which is drinke made with hony & water) outward with oyle. Whiche sayeng agreeth with the sentence of Democritus, the greate philosopher: who being demanded, how a man mought lyue longe in helthe, he aunswered, If he wette hym within with honye, without with oyle. The same philosopher, whan he was a hundred yeres olde and nyne, prolonged his lyfe certayne dayes with the euaporation of honye, as Arestorenus writeth. Of this excellent matter, moste wonderfully wrought and gathered by the lyttell bee, as wel of the pure dewe of heuen, as of the most subtyll humor of swete & vertuous herbes & floures, be made lykors cõmodious to mãkynd, as mead, metheglyn, and orimell. Meade, whiche is made with one parte of hony, and foure tymes so moche of pure water, and boyled vntyll no skym do remayne, is moche comended of Galene, drunke in sommer, for preseruynge of helth. The same author alway commendeth the vsynge of hony, eyther rawe eaten with fyne breadde, somewhat leuened, or sodden, and receyued as drynke. Also

Galen. de tuend. sanita. li. 4.

meade

meade perfectly made, clenseth the breast and lunges, causeth a man to spytte easyly, and to pisse abundantly, and purgeth the bely moderatly. Methegelyn, whiche is moste used in wales, by reason of hotte herbes boyled with hony, is hotter than meade, and more comforteth a colde stomake, if it be perfectly made, and not new or very stale. Drimell is, where to one part of vyneger is put double so moche of honye, foure tymes as moche of water, and that being boyled vnto the third part, and cleane skymmed with a fether, is used to be taken, where in the stomacke is moche fleume or matter vndigested, so that it be nat redde choler. Loke the vse therof in Alexandro Tralliano. Many other good qualities of honye, I omytte to write of, vntyll some other occasion shall happen, to remember them partycularly, where they shall seme to be profitable.

¶ Sugar. Cap. 23.

Of Sugar, I do fynd none auncient author of grekes or latynes, do write by name, but onely Paulus Aegineta, who sayth in this wyse, after that he hath treated of hony. Moreouer sugar, whiche they calle hony, that is brought to vs from Arabia, called Felix, is not so sweete as oure hony but is equall in vertue, and doth not anoy the stomake, nor causeth thyrst. These be the wordes of Paulus. It is nowe in dayely experyence, that Sugar is a thynge verye temperate and nourysshynge, and where there is choler in the

ſtomacke, or that the ſtomacke abhorreth honye, it may be vſed for hony in all thinges, wherin hony is required to be. With ſugar and vyneger is made Sirupe acetoſe.

Sirupe acetoſe.

¶Of tyme. Cap. 24.

In the conſyderation of tyme, for takynge of meates and drynkes, it is to be remembred, that in winter meates ought to be taken in great abundaunce, and of a more groſſe ſubſtance than in ſommer, foraſmoch as the exteriour ayre, whiche compaſſeth the body beinge colde, cauſeth the heate to withdrawe into the inner partes, where being incloſed, and gathered nygh togither in the ſtomake and entrayles, it is of more force to boyle and digeſte that, whiche is receyued in to it. Alſo meates roſted, are than better than ſodden, a fleſh and fyſhe powdred, is than better than in ſomer. Herbes be not than commendable, ſpecially raw, neither fruites, excepte quynces roſted or baked:

vvynter.

Drinke.

Drinke ſhuld be than taken in a lyttell quantitie. More ouer wynes ſhal nede no water, or very lytell, and that to colerike perſones: redde wynes, and they, whiche be thicke and ſwete may be than moſte ſurely taken of them, whiche haue none opilations, or the ſtone. Alway remember, that in wynter fleume increaſeth, by reaſon of rayne and moyſtnes of that ſeaſon, alſo the length of nightes and moche reſt. And therfore in that tyme colerike perſons, ar beſt at eaſe, ſemblably are yong men: but to olde men wynter is enemy. It begin-

Gal. in cõment. in aphor. 2. li. 3

neth

neth the.viii.day of Nouember, and endureth vn tyll the.viii. day of Febzuary.

The ſpzynge tyme dothe participate the fyzſte parte with wynter, the later parte with ſommer. Sprynge tyme.

Wherfoze if the fyzſt parte be colde, than ſhall the diete be accozdinge to winter. If the ende be hote, than ſhall the diete be of ſommer. If both partis be temperate, thã ſhuld there be alſo a temperãce in diete: alway conſyderynge, that fleume yet remaineth, and bloude than increaſeth. And meate wolde be laſſe in quantitie thanne in wynter, and dzynke ſomewhat moze. Hippocrates de natura humana.

Spzynge tyme begynneth the.viii.day of Febzuary, and continueth vn tyll the.viii.day of May.

In Sommer the inward heate is but lytel, and the ſtomake doth not digeſt ſo ſtrongly noz quikly, as in winter. Wherfoze in that ſeaſon, eatinge often, and a lyttell at ones, is moſte conuenıente, And Damaſcenus ſayth, that faſtyng in ſommer dzieth the bodye, maketh the colour ſalowe, ingendzeth melancolye, and hurteth the ſyght. alſo boyled meate, bzeade ſteped in white bzothe, with ſodden lettiſe, oz cikozie, are than good to be vſed, alſo varietie in meates, but not at one meale, potages made with colde herbes, dzynke in moze abundance, wyne alayde with water, to hotte complexions moche, to colde natures laſſe. In this ſeaſon bloudde increaſeth, and towarde the ende therof, coler. And therfoze they, whiche be cold of nature and moyſt, are than beſt at eaſe, hotte natures and dzye warſte. Mozeouer childerne, and Sommer. Gal.com. in aphor. 18.li.1. Hipocrates de humoribus. Galen.in commen. in aphor.

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very yong men in the beginninge of ſommer, are holeſt, olde folke in the latter ende, and in harueſt. Sōmer begynneth the. viii. day of May, and continueth vntyll the. viii. day of Auguſt.

Autumne ¶Autumne begynneth the. viii. day of Auguſt, and endeth the. viii. day of Nouember, that ſeaſon of the yere is variable, and the ayre changeable, by occaſion wherof, happen ſundry ſyckeneſſes, and blode decreaſeth, and melancoly aboundeth: Wherfore all ſommer fruites wold than be eſchewed, foraſmoche as they make yll iuyce and wyndes in the body. In this tyme meate wold be more aboundant than in ſommer, but ſomewhat drier: drynke muſt be laſſe in quantitie, but laſſe myxt with water. This tyme is daungerous to all ages, all natures, and in all countreys, but the natures hote and moyſt, be leſte indamaged.

¶*Diete concernynge ſundrye tymes of the yere, wrytten by the olde phiſition Diocles to kynge Antigonus.*

FRom the. xii. day of December, at the whiche tyme the day is at the ſhorteſt, vntyl the ninth day of Marche, whiche do conteyne. xc. days, reumes and moyſtures do increaſe, than meates and drinkes naturally very hot, wold be moderatly vſed. Alſo to drynke wyne aboundantly without alaye or with lyttell water, and to vſe lyberally the company of a woman, is not vnholſome to the body.

¶From the nynthe day of Marche, at whyche tyme

tyme is *æquinoctium uernum*, vnto the. xxv. daye of Apryll, swete fleume and bloud do increase, therfore vse than thinges haupnge moche iuyce and sharpe, exercise the body dilygently, than maye ye vse safely the company of a woman.

¶ From the. xxv. day of Apryll, to the. xiiii. daye of June, Choler increaseth, than vse all thynges that are swete, and do make the bealy soluble, forbeare carnall company with women.

¶ From the. xiiii. daye of June, at whiche tyme the day is at the lengest, vnto the. xii. day of September, dothe melancoly reigne, forbeare carnall company or vse it moderatelye.

¶ From the. xii. daye of September, vnto the xvii. daye of October, doo abounde fleume and thynne humours, than wolde all fluxes and distillations be prohibited, than all sharpe meates and drynkes, and of good iuyce, are to be vsed, and carnall occupation shulde than be exchewed.

¶ From the. xvii. day of October, to the. xii. daye of December, increaseth grosse fleume, vse therfore all bytter meates, swete wynes, fatte meate, and moche exercise.

¶ Of Ages. Cap. 25.

Children. Galen. de tuen. sani. lib. prim.

Chyldren wold be norysshed with meates and drynkes, whyche are moderatly hotte and moyst, not withstandinge Galene doth prohibite them the vse of wyne, bycause it moysteth and heteth to moche the body, and fylleth the heades of them, whyche are hote and moyst, with vapours.

also

also he permitteth them in hotte wether to drinke clere water.

Children, Oribasius de uirtute simp. li.1.

¶A chylde growynge faste in his members towarde a man, so that he semeth well fedde in the body is than to be feared of fulnesse of humors, and if it be perceiued, that he is replete, than must be withdrawen and diminished some parte of that nutriment, and accordinge vnto his age, some euacuation wolde be deuised, otherwhile by exercise, walkynge vp and downe fastinge, and before that they eate any meate, let them exercise theym selfes with their owne labours, and do their accustomed busynes, and eate the meates, wherunto they be most vsed, so that it be suche, that maye nat hurte theym. And this nede they not to know of phisitions, but by experience and diligent serch by their stoole, their nources shal percepue what digesteth wel, and what doth the contrary.

¶But if it appere, that by excessiue fedinge, the bealy of the chylde is fuller and greatter than it was wonte to be, and that whiche passeth by the belly, is corrupted, or his sweate stynketh. These thinges knowen, if they eate strong meates, giue them not one kynde of meate, but dyuers, that the noueltie of the meate may helpe, that they may go more easily to the stoole. For if any haue an vnreasonable appetite, he is sooner recouered, if he be pourged by a boyle or impostume cõmen forthe & broken, before that the meate be corrupted: & after that let him eate fine meates, and being ones hole retourne by lytell and lytell to his olde custome.

Yonge

¶ Yonge men, excedynge the age of. xiiii. yeres, shall eate meates more grosse of substaunce, colder and moyster: also salades of cold herbes, and to drinke seldome wyne, excepte it be alayed with water. Albeit all these thynges must be tempred, accordinge to their complexions, and exercise and quietnesse in lyuinge, whereof ye shall rede in their proper places hereafter. Yong mē

¶ Olde men, in whome naturall heate & strength semeth to decay, shuld vse alway meates, whiche are of qualitie hotte and moyste, and therwithall easy to be digested, and abstayne vtterly from all meates and drynkes, which wyll ingender thicke iuyce and slymy, semblably from wyne, whiche is thycke, swete, and darke redde wynes, and rather vse them, which wyll make thynne humours, and wyl purge wel the bloud by vrine: therfore white or yelow wynes, and perchance frenche claret wines are for them very cōmendable. Also wine prepared with pure hony clarified, wherin rootes of persely or fenell be stieped, specially if they suspect any thing of the stone, or goute. And if they more desyre to clense their raynes and bladder: than is it good to vse small white wine, as racked renishe wine, or other like to it, and somtyme to stepe ouer night therin a persely rote slit, and somwhat bruised, and a lytel lykorice. Finally, let them beware of all meates, that wyll stoppe the pores, & make obstructions or oppilations, that is to saye, with clammy matter stoppe the places, where the naturall humours are wrought & digested, the whi- Olde mē. Paulus Egineta. li. 1 cap. 13. Opilatiōs what they are.

che meates I haue before set in a table. But if it chaunce them to eate any suche meate in aboundaunce, let them take shortely suche thynges, as do resyste oppilations, or resolue them. As whyte pepper brused & myxt with their meates or drink: garlyke also, or onions, if they abhorre them nat. Alway remember, that aged men shuld eate often, and but litel at euery time, for it fareth by them as it doth by a lampe, the lyght wherof is almost extincte, which by pouring in of oyle litel and litel is long kept bourninge: & with moch oyle poured in at ones, it is clene put out. Also they must forbear all thynges, which do ingender melancoly, whereof ye shall rede in the table before: and breadde clene without leuen is to them vnholsome.

¶ *Moderation in diete, hauyng respect to the strength or weakenes of the persone. Cap. 26*

NOw here it must be considered, that although I haue written a generall diet for euery age, yet nethelesse it muste be remembred, that somme chyldren and yong men, eyther by debilitie of nature, or by some accidentall cause, as syckenes, or moche studye, happen to gather humours fleumatik or melancoly in the places of digestion, so that concoction or digestion is as weke in them, as in those, whyche are aged. Semblablye, some olde men fynde nature so beneficiall vnto theym, that their stomakes and lyuers are more stronge to dygeste, than the sayde yonge men, somme perchaunce haue moche choler remaynynge in them.

In

In theſe caſes the ſayd yonge men muſte vſe the diete of olde men, or nygh vnto it, vntyll the diſcraſy be remoued, hauinge alway reſpect to theyr vnyuerſall complexions, as they, which are naturally colerike, to vſe hotte thynges in a more temperance than they, whiche be fleumatyke, or melancoly by nature. The ſame obſeruation ſhall to be olde men, ſauinge that age, of his owne pro- Hippocra. aphor. pertie is colde and drye, therefore the olde man, Galen. in that is cholerycke, ſhall haue more regarde to comment. moyſture in meates, than the yonge man, beinge of the ſame complexion. Foreſeene alwaye, that where nature is offended or greued, ſhe is cured by that, whiche is contrary to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moyſture, moyſture by drythe. In that wherby Nature ſhoulde be nouryſhed, in a hole and temperate body, thinges muſt be taken, whiche are lyke to the mannes nature in qualitie and degree. As where one hath his bodye in a good temper, thynges of the ſame temperaunce dothe nouryſhe hym. But where he is out of temper, in heate, colde, moyſture, or drythe, temperate meates or drynkes, nothynge do profyte hym. For beinge out of the meane and perfytte temperature, nature requyreth to be therto reduced by contraries, remembrynge not oonely, that contraryes are remedye vnto their contraries, but alſo in euery contrary, conſideration be hadde of the proporcion in quantitie.

Tymes in the day concernynge meales. Cap. 27.

BEsydes the tymes of the yere and ages, there be also other tymes of eatinge and drynkinge to be remembred, as the sundry tymes in the day, whiche we call meales, which are in number and distance, accordinge to the temperature of the cõtrey and person: As where the countrey is colde, and the person lusty, and of a strong nature, there may mo meales be vsed, or the lasse distaunce of tyme betwene thẽ. Contrary wise in contrary cõtrais and personages, the cause is afore rehersed, where I haue spoken of the diete of the tymes of the yere, not withstandinge here must be also consideration of exercise and rest, which do augment or appaire the naturall disposition of bodyes, as shalbe more declared hereafter in the chapiter of exercise. But concernynge the generall vsage of countreis, and admitting the bodies to be in perfite state of helthe, I suppose, that in Englande, yong men, vntil they come to the age of. xl. yeres, may well eate thre meales in one day, as at brekefast, dyner, and supper, so that betwene brekefast, and diner, be the space of foure houres at the lest, betwene diner and supper. vi. houres, & the brekefast lasse than the diner and the dyner moderate, that is to say, lasse than sacietie or fulnesse of beally, and the drynke thervnto mesurable, accordinge to the dryenesse or moystnes of the meate. For moche abundance of drynke at meale, drowneth the meate eaten, and not only letteth conuenient concoction

coction in the ſtomake, but alſo cauſeth it to paſſe faſter than nature requireth, and therfore ingendreth moche fleume, and conſequently reumes, & crudenes in the vaynes, debilitie and ſlyppernes of the ſtomacke, contynuall flure, and many other inconueniences to the body and members.

But to retourne to meales, I thynke breakefaſtes neceſſary in this realme, as well for the cauſes before reherſed, as alſo foraſmoch as coler beinge feruent in the ſtomacke, ſendeth vp fumoſities vnto the brayne, and cauſeth head ache, and ſometyme becommeth aduſte, and ſmouldreth in the ſtomake, wherby happeneth peryllous ſyckenes, and ſomtyme ſodayne deathe, if the heate inclоſed in the ſtomake haue nat other conueniente matter to worke on: this dayly experience proueth, and naturalle reaſon confirmeth. Therfore men and women not aged, haupnge their ſtomackes cleane without putrified matter, ſleppnge moderately and ſoundly in the nyght, and felinge them ſelfe lyght in the morninge, and ſwete brethed, let them on goddis name breake their faſt: Colerike men with groſſe meate, men of other complexiõs with lyghter meate. Foreſeene, that they laboure ſomwhat before: ſemblably their diner and ſupper, as I haue before written, ſo that they ſleape not incõtinent after their meales. And here I wyl not recyte the ſentences of authors, whyche had neuer experience of Englyſſhe mens natures, or of the iuſte temperature of this realme of Englande, onely this counſayle of Hipocrates ſhall Brekefaſt

Hipoc. aphor. 18. li. 1. Galen. de uuen. ſani.

be ſufficient. We oughte to graunt ſomewhat to time, to age, & to cuſtom: not withſtanding where great wearineſſe or dryth, greueth the body, their ought the dyner to be the leſſe, and the longer diſtance betwene dyner and ſupper, alſo moche reſt, excepte a lyttell ſofte walkynge, that by an vpryght moupnge, the meate being ſtyred, may deſcende. This is alway to be remembred, that where one feleth hym ſelfe full, and greued with his diner, or the ſauoure of his meate by eructation aſcendeth, or that his ſtomake is weke by late ſykines or moche ſtudy, than is it moſt conuenient, to abſteyne from ſupper, & rather prouoke him ſelfe to ſlepe moch, than to eate or drynk any thinge. alſo to drynke betwene meales, is not laudable, excepte very greate thirſte conſtrayneth, for it interrupteth the offyce of the ſtomake in concoction, & cauſeth the meate to paſſe faſter thā it ſhuld do, & the drynke being cold, it rebuketh naturall heate that is worykinge, and the meate remaininge raw, it corrupteth digeſtion, & maketh crudenes in the vaines. Wherfore he ꝑ is thirſty, let him conſider the occaſion. If it be of ſalt fleme, let hym walke faire & ſoftly, and only waſche his mouth and his throte, with barly water, or with ſmall ale, or lye downe and ſlepe a lytell, and ſo the thirſt wil paſſe away, or at the leaſt be well aſſwaged. If it happē by extreme heat of the aire, or by pure coler, or eatinge of hotte ſpices, let him drynke a lyttell iulep made with cleane water and ſugar, or a lytel ſmal biere or ale, ſo that he drynke not a great glut, but

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in a lytel quantite, let it ſtyl downe ſoftly into his ſtomake, as he ſitteth, & than let him not moue ſodainly. If the thirſt be in the euenynge, by eatynge to moche, and drynkinge of wine, than after the opinion of the beſt lerned phiſitions, and as I my ſelfe haue often experienced, the beſt remedy is, if there be no feuer, to drynk a lytell draught of cold water immediatly, or els if it be not peynefull for hym, to vomite, to prouoke him therto with a litel warm water, & after to waſche his mouth with vineger & water, and ſo to ſlepe long & ſundly, if he can. And if in the morynynge he fele any fumoſities ryſynge, than to drynke iulep of violettes, or for lacke thereof, a good draught of verye ſmalle ale or biere, ſomewhat warmed, without eatynge any thynge after it.

¶Of diuerſitie of meates, whereby healthe is appayred. Cap. 28.

NOwe let this be a generall rule, that ſundry meates, being dyuers in ſubſtance and qualitie, eaten at one meale, is the greatteſt enmy to helth, that may be, & that whiche ingendreth moſt ſyknelles. for ſome meates being groſſe and hard to digeſt, ſome fyne and eaſy to digeſt, do requyre dyuers operations of Nature, and dyuers temperatures of the ſtomake, that is to ſaye, moche heate, and temperate heate, whiche maye nat be togyther at one tyme. therfore whanne the fyne meate is ſufficyentelye boyled in the ſtomacke, the groſſe meate is rawe, ſo bothe iuyces, the one

good

good and perfite, the other groſſe and crude, at one tyme digeſted, and ſente in to the vaynes and body, nedes muſt helthe decaye, and ſyckneſſes be ingendred. Lykewyſe in dyuers meates beinge dyuers qualities, as where ſome are hot & moiſt, ſome colde and moyſte, ſome hotte and dzie, ſome colde and dzy, accordynge therbnto ſhall the iuice be dyuers, which they make in the body. And like as betwene the ſayd qualities is contrarietie, ſoo therby ſhalbe in the body an vnequall temperature, forasmoche as it is not poſſyble for man to eſteme ſo iuſt a proporcion of the qualites of that whiche he receyueth, that the one ſhall nat excede the other. Wherefore of the ſaydе vnequall myxture, nedes muſte enſue corruption, and conſequently ſyckнes. And therfore to a hole man it were better, to fede at one meale competentely on very groſſe meate only, ſo that it be ſwete, and his nature do not abhorre it, than on diuers fyne meates, of ſundry ſubſtance and qualities. I haue knowen and ſene olde men and olde women, whiche eatynge onely biefe, bakon, cheſe, or curdes, haue continued in good healthe, whome I haue proued, that whan they haue eaten ſundrye fyne meates at one meale, haue ſoone after felte theym ſelfe greued with frettynges and head ache, and after that they haue ben hole agayne, there hathe ben gyuen to them one kynde of lyght meate, they haue done as well therwith, as they were wonte to do with groſſe meates, whan they eate it alone whiche proueth to be true that whiche I haue reherſed.

herſed. And it is good reſon, for after the generall opinion of philoſophers and phiſitions, the nature of mankynde is beſt contente with thynges moſte ſymple and vnmyxt, all thynges tendynge to vnitie, wherin is the only perfection. Alſo it is a generall rule of phiſyke, that where a ſyckneſſe may be cured with ſymples, that is to ſaye, with one onely thinge that is medicinable, there ſhuld the phiſition gyue no compounde medicine myxt with many thynges. Theſe thynges conſydered it may ſeme to all men, that haue reaſon, what abuſe is here in this realme in the continual gourmandiſe, and daply fedinge on ſundry meates, at one meale, the ſpirite of gluttony, tryumphynge amonge vs in his glorious charyotte, callyd welfare, dryuynge vs afore hym, as his priſoners, into his dungeon of ſurfet, where we are tourmented with catarres, feuers, goutes, pluriſies, frettinge of the guttes, and many other ſyckeneſſes, and fynally cruelly put to dethe by them, oftentimes in youth, or in the moſt pleaſant tyme of our lyfe, whan we wolde moſte gladly lyue. For the remedy wherof, how many tymes haue there ben deuyſed, ordynaunces and actes of counſayle, all though perchance bodyly helth was nat the chief occaſion thereof, but rather prouiſion agaynſte bayne and ſumptuous expenſes of the meane people. For the nobilitie was exempted and had lybertie to abide ſtyl in the dongeon, if they wold, and to lyue laſſe while than other men: But whã, where, and howe longe were the ſayd good deu-

Gluttony.

ſes put in due execution, for all that therof ſhuld ſuccede double profit, that is to ſay, helth of body and increaſe of ſubſtance, by eſchewinge of ſuperfluous expenſes in ſundry diſhes. Alas how lōge wyll men fantaſy lawes and good ordynaunces, and neuer determyne them. Fantaſy procedeth of wytte, determination of wiſedome, witte is in the deuiſing & ſpekynge, but wiſdom is in the performance, whiche reſteth onely in execution. Here I had almoſt forgotten, þ my purpoſe was to write of the order of diete, and not of lawes, but the feruent loue that I haue to the publike weale of my countrey, conſtrained me to digreſſe ſomwhat from my matter: but nowe wyll I procede forth to write of order, whyche in takynge of meates and drinkes, is not the leſte parte of diete.

¶ Of Order in receyuynge of meate and drynke. Cap. 29.

HErbes as well ſodden as vnſodden, alſo frutes, whiche do mollifie and louſe the bealye, ought to be eaten before any other meate, excepte that ſometyme for the repreſſynge of fumoſities, ryſynge in the head by moche drinkynge of wyne, rawe lettyſe, or a colde apull, or the iuyce of orenges or lymons maye be taken after meales in a lyttell quantitie. Moreouer all brothes, mylke, rere egges, and meates, whiche are purpoſely taken to make the bely ſoluble, wold be fyrſt eaten. All fruites and other meates, that are ſtiptike or byndynge, wolde be eaten laſt of all other. Fruites

tes confectionate ſpecially with hony ar not to be eaten with other meates. But here it is to be diligently noted, that where the ſtomake is colericke and ſtronge, groſſe meates wolde be fyrſte eaten: where the ſtomake is colde or weake, there wolde fyne meates be firſt eaten. for in a hot ſtomak fine meates are bourned, whyle the groſſe meate is digeſtyng. Contrarywiſe in a colde ſtomake, the litell heate is ſuffocate with groſſe meate, and the fine meate left raw, for lacke of concoction. where if the fine meate be firſt taken moderately, it ſtyreth vp and comforteth naturall heate, and maketh it more able to concoct groſſe meates, if they be eaten afterward: ſo that it be but in ſmal quantite. not withſtanding, as I late affirmed, one maner of meate is moſt ſure to euery cõplexion. forſene that it be alway moſt cõmonly in conformitie of qualites, with the perſon that eateth. More ouer take hede, that ſlypper meates be not fyrſte eaten, leſt it draw with it to haſtyly other meates or they be digeſted, nor that ſtiptik or reſtrainyng meates be taken at the begynnynge, as quinces, peares, and medlars, leſt they may let other meates, that they deſcende not in to the bottom of the ſtomake, where they ſhulde be digeſted. not withſtandynge the confection made with the iuyce of quynces called *Dacytonites*, taken. ii. houres afore dyner or ſupper, is commended of Galen, & other, for reſtoryng appetite, & making good concoction. Alſo concerninge drynke at meales, it wold not be afore that ſomwhat were eaten. And at the begin- Drinke at meales.

ninge, the drunk wold be strongest, and so toward the end more small, if it be ale or biere: and if it be wyne, more and more alayde with water. And after the better opinion of physitions, the drynke wolde rather be myxte with the meate by sundrye lyttell draughtes, than with one greate draughte at thende of the meale, for the myxture tempreth well the meate without anoyãce: a great draught with moch drynke, drowneth the meate, rebuketh naturall heate, that than worketh in concoction, and with his weight dryueth downe the meate to hastily. Note wynes & swete, or confectioned with spices, or very stronge ale or biere, are not conuenient at meales, for the meate is by theym rather corrupted, than digested, and they make hote and stynkynge vapours ascend vp to the braynes, al beit if the stomacke be very wyndy, or so cold and feble, that it can not concocte suche a quantitie of meat, as is requyred to the sufficient nourishmẽt of the body of hym that eateth, or hath eaten raw herbes or fruites, wherby he feleth some annoyance, than may he drynke laste incontinent after his meale a lyttell quantitie of secke, or good aqua vite in small ale: but if he haue moche colet in his stomake, or a head full of vapours, it were moche better, that he dyd neither drynke the one, nor the other, but rather eate a lyttell colyander sede prepared, or a piece of a quynce rosted, or in marmelade, and after rest, to amende the lacke of nature with slepe, moderate exercise, and plasters prouyded for comfortynge of the stomacke. And

here

here wyll I leaue to write any more of the diete in eatinge and drinkynge, sauinge that I wold, that the reders shulde haue in remembrance these two counsayles. Fyrst, that to a hole man, to precise a rule is not conuenient in diete: and that the diseases, whiche do happen by to moche abstinence, are wars to be cured, than they whiche come by repletion. And as Cornelius Celsus saith, A man that is hole and well at ease, & is at his lybertie, ought not to bynde him selfe to rules, or nede a physition: but yet where the stomacke is feeble, as is of the more part of citesyns, and well nygh all they that be studyous in lernynge or weyghtye affayres, there ought to be more circumspection, that the meate may be suche, as that eyther in qualitie or quantitie, nature being but feble, be not rebuked, or to moche oppressed. Cor. Cel. li. 1. ca. 1. Idē. cap. 2.

¶Of *sleape and watche*. Cap. 30.

The commoditie of moderate slepe appereth by this, that naturall heate, whiche is occupied about the matter, wherof procedeth nourishment, is comforted in the places of digestion, and so digestiō is made better, or more perfit by slepe, the body fatter, the mynde more quiete and clere, the humours temperate: & by moche watche all thynges happen contrarye. The moderation of slepe must be measured by helthe and syckenes, by age, by tyme, by emptynesse or fulnesse of the body, & by naturall complexions. Fyrst to a hole mā hauing no debilitie of nature, and digesting per-

fytly the meate that he eateth, a lytel slepe is sufficient: but to them, which haue weake stomakis, & do digest slowly, it requireth that sleape be moch lengar. semblable tẽperance is required in youth and age, wynter and sommer. The body beinge full of yll humors, very lyttell slepe is sufficient, except the humors be crude or raw, for thã is slepe necessary, whiche digesteth theym better than labour. Semblably, where the body is long empty by longe sykneſſe or abstinence, slepe comforteth nature, as well in the principall members, as in all the other. Also regarde must be had to the complexion, for they that are hot, & do eate lyttell & digest quickly, a lytell slepe serueth, specially to colerike persons, for in them moche slepe augmenteth heate, more than is necessary, wherby hot fumes and inflamations ar often ingendred, & som tyme the naturall coler is adust or putrified, as experience teacheth. Fleumatike persons are naturally inclyned to slepe: and bycause they ingender moche humors, they require more sleape than sanguine or colerike. Persones haupnge natural melancoly, not procedynge of coler adust, do requyre very moch slepe, which in them comforteth the powers animall, vitall, and natural, which ye may finde writen in the tables precedinge. Slepe wold be taken not immediatly after meales, & before that the meate is discended from the mouthe of the stomake. For therby is ingendred peines & noyse in the bely, & digestion corrupted, & the slepe by yl vapors asceding, made vnquiet & troublus.

More

Moreouer immoderate slepe maketh ỹ body apt vnto palseis, apoplexis, falling sikues, reumes, & unpostumes, also it maketh the wittes dulle, and the body slowe & vnapt to honest exercise. semblably imoderate watch drieth to moch the body, and doth debilitate the powers animall, letteth digestion, & maketh the body apt to consūptiōs. wherfore in these .ii. thiges, aswel as al other, a diligēt tēperance is to be vsed. the moderation is best cōiected (for it is hard perfitly to know it) by the sensible lightnes of al the body, specially of the brain the browes and the eies, the passage downe of the meat from the stomake, the wyll to make urine, & to go to the stoole. Contrarywyse, heupnes in the body & eies, and sauour of the meate before eaten signifieth that the slepe was not sufficient. They that are hole must slepe fyrst on the right syde, bycause the meate may approche to the lyuer, whiche is to the stomake, as fyre vnder the pot, & by hym is digested. To them, which haue feble digestion, it is good to slepe prostrate on their bealies, or to haue their bare hand on their stomakes. Lienge vpright on the backe is to be vtterly abhorred.

¶ The *commoditie of exercise, and the tyme whan it shuld be vsed. Cap.* 31.

Euery meuyng is not an exercise, but only that whiche is behement, thende wherof is alteration of the breath or wynde of a man. Of exercise do procede two commodities, euacuation of excrementes, and also good habite of the body, for Euacuatiō Excremētes,

Exercise

Exercise beinge a vehement motion, therof nedes must ensue hardnes of the members, wherby labour shal the lesse greue, and the body be the more stronge to labour. also therof commeth augmentation of heate, wherby hapneth the more attraction of thynges to be digested, also more quycke alteration, and better nourysshynge. Moze ouer, that all and syngular partes of the body, be therwith somwhat humected, wherby it hapneth, that thynges harde be mollified, moyste thynges are extenuate, and the poores of the bodye are more opened. And by the vyolence of the breathe or wynde, the poores are clensed, and the fylthe in the bodye naturally expelled. This thynge is soo necessary to the preseruation of helth, that without it, no man may be longe without syckenesse, whiche is affirmed by Cornelius Celsus, sayeng, that sluggysshenes dulleth the body, labour doth strength it, the fyrste bringeth the incommodities of age shortely, the last maketh a man longe tyme lusty. Not withstandynge in exercise ought to be foure thinges diligentely considered, that is to say, the tyme, the thynges precedynge, the qualytie and the quantitie of exercise.

Cor. Cel. li. 1.

¶ Fyrst as concernynge the tyme conuenient for exercise, that it be not whā there is in the stomake or bowels, greatte quantitie of meate not sufficyently digested, or of humours crude or rawe, leste therby peryll moughte insue by conueyaunce of them in to al the members, before those meates or humours be concoct or boyled sufficiently. Galen sayth,

ſayth, that the tyme moſte conuenient for exerciſe is, whan bothe the firſte and ſeconde digeſtion is complete, as wel in the ſtomake, as in the vaines, & that the tyme approcheth to eate eftſones. For if ye do exerciſe ſoner or later, ye ſhall eyther fyll the body with crude humours, or elles augment yelowe coler. The knowlegē of this tyme is perceyued by the colour of the vrine, for that whiche reſembleth vnto clere water, betokenethe, that the iuyce, whiche cometh from the ſtomake, is crude in the vaynes: that whiche is well coloured, not to high or baſe, betokeneth, that the ſecond digeſtion is nowe perfite: where the colour is very high or redde, it ſygnifyeth, that the concoction is more than ſufficient. Wherfore whan the vryne appereth in a temperate color, not red nor pale, but as it were gilt, thā ſhuld exerciſe haue his begining. Galen. de tuen ſani. lib. 2.

¶ Of fricaſies or rubbynges precedinge exerciſe. Cap. 32.

As touching thinges preceding exerciſe, for as moch as it is to be fered, leſt by vehement exerciſe any of the excremētes of the bely or bladder, ſhuld haſtily be receiued into the habit of the body, by the violence of hete, kendlyd by exerciſe: alſo leſt ſome thinge, which is hole, be by heuynes of excrementes, or vyolent motion, broken or pullyd oute of his place, or that the excrementes, by violence of the breth, ſhuld ſtop the pores or cundites of the body, it ſhalbe neceſſary lytell and lytell, by chafinge the body, firſt to mollify the partes Galenus. Paulus. Oribaſius Aetius.

tes conſolidate, & to extenuate or make thinne the humours, and to louſe and open the poores, and than ſhall enſue to hym that exerciſeth, no peryll of obſtruction or rupture. And to bryng that to paſſe, it ſhall be expedient, after that the body is cleanſed, to rubbe the body with a courſe lynnen cloth, firſt ſoftly & eaſily, & after to increaſe more and more, to a harde and ſwift rubbing, vntyl the fleſhe do ſwelle, and be ſomwhat ruddy, and that not only down right, but alſo ouerthwart & roūd. Som do vſe fricaſies in this forme. In the mornyng, after that they haue ben at the ſtoole, with their ſhirte ſleue or bare hande, if their fleſhe be tender, they do firſt ſoftly, & afterward faſter, rub their breaſte, and ſydes downewarde, and ouerthwarte, not touchyng their ſtomake or bealy, and after cauſe their ſeruant ſemblably to rubbe ouerthwart their ſhulders and backe, begynnynge at the neckebone, and not touchynge the raynes of their backe, excepte they do fele there moche colde and wynde, and afterward their legges from the knees to the ancle: laſt their armes, frome the elbowe to the handewreſte. And in this fourme of fricaſy, I my ſelf haue founden an excellent commoditie. Olde men, or they, whiche be very dry in their bodies, if they put to ſome ſweete oyles, as Yrinum, Nardinum, Chamęmelinum, or other lyke, myxt with a lyttell ſwete oyle of roſes, I ſuppoſe they do wel. I wyl not here ſpeke of oyntementes vſed in olde tyme amonge the Romayns and Grekes, in fricaſies or rubbynges. For I ſuppoſe, ẏ they

Obſtruc-tion rupture

were

were neuer here vſed, and in the ſayd places, they be alſo lefte, onles it be in palſeys, or apoplexies, or agaynſt the rigour, whiche hapneth in feuers, only I wyl remember the ſaying of Hippocrates. Fricaſye hath power to louſe, to bynde, to increaſe fleſhe, and to minyſhe it. For harde fricaſies doo bynde or conſolydate, ſoft rubbynge dothe lowſe or mollifie, moch doth miniſhe fleſhe, meane rubbyng doth augment or increaſe it. He that wylle knowe more abundantly hereof, let hym rede the boke of Galen of the preſeruation of helth, called in latyn *De tuenda ſanitate*, thanſlated mooſt truely & eloquently, out of Greke in to latyn, by doctour Linacre, late phiſition of moſt worthy memory to our ſouerayne lorde kynge Henry the eight. The ſame mattier is written more brefely of Paulus Aegineta, Oribaſius, Aetius, and ſome other late writers, but vnto Galene not to be compared.

¶ The *diuerſities of exerciſes*. Cap. 33.

The qualitie of exerciſe is the diuerſitie therof, foraſmoche as therin be many differences in mouynge, and alſo ſome exerciſe moueth more one part of the body, ſome an other. In difference of mouynge, ſome is ſlow or ſofte, ſome is ſwifte or faſte: ſome is ſtronge or vyolent, ſome be myxt with ſtrength & ſwiftneſſe. Stronge or vyolente exerciſes be theſe, delynge (ſpecially in toughe clay and heuy, bearynge or ſuſteynynge of heuye burdeyns, clymmyng or walkyng agaynſt a ſtipe vpryght hyll, holdyng a rope, and clymmynge vp

therby, hangyng by the handes on any thing, a-boue a mans reache, that his fete touche not the grounde: ſtanding and holdinge vp, or ſpredinge the armes, with the handes faſt cloſed, & abidinge ſo a longe tyme. Alſo to holde the armes ſtedfaſt, cauſinge an other man, to aſſay, to pull them out, and not withſtandynge he kepeth his arme ſted-faſt, in forcynge therunto the ſinewes and muſcu-les. Wraſtlynge alſo with the armes and legges, if the perſons be equall in ſtrength, it dothe exer-ciſe the one and the other: if the one be ſtronger, than is it to the weaker a more violent exerciſe. All theſe kyndes of exerciſes, and other like them, do augment ſtrength, and therfore they ſerue on-ly for ponge men, which be inclined, or be apte to the warres. Swifte exerciſe without violence is, runnynge, playeng with weopons, tenſe, or throwinge of the ball, trotting a ſpace of grounde for-ward and backward, going on the toes, and hol-dynge vp the handes. Alſo ſtirring vp and downe his armes, without plummettes. Vehement exer-ciſes is compounde of vyolent exerciſe and ſwifte, whan they are ioyned togither at one time, as dan-ſyng of galyardes, throwing of the ball, and run-ning after it, footeball play may be in the number therof, throwinge of the longe dart, and continu-ing it many times, runnyng in harneys and other lyke. The moderate exerciſe is longe walkinge or going a iourneye. The partes of the bodye haue ſundry exerciſes appropried vnto them, as roun-ning and going is the moſt proper for the leggis.

Mouinge of the armes vp & downe, or ſtretching them out, & playeng with weapons, ſerueth moſt for the armes and ſhulders, ſtouping and riſinge often tyme, or lyftinge great weightes, taking vp plummettes or other lyke popſes on the endes of ſtaues, & in lykewiſe, liftynge vp in euery hande a ſpeare or moryſpike by the endes, ſpecialy croſſing the handes, and to lay them downe ageine in their places, theſe do exercile the backe & loynes. Of the bulke & lunges the proper exercile is meuyng of the breath in ſyngyng or crieng. The entrayles, which be vnderneth the myddreffe, be exercifed by blowinge, eyther by conſtraint, or playeng on ſhaulmes, or ſackbottes, or other lyke inſtrumentes, which do require moch wynde. The muſcules are beſt exercifed with holding the breth in, a longe tyme, ſo that he, whiche dothe exercile, hath well digeſted his meate, and is not troubled with moche wynde in his bodye. Fynallye lowde readynge, counterfayte bactayle, tenyſe, or throwinge the ball, runnynge, walkinge, adde to ſhotynge, which in myne opinion excede all the other, do exercile the bodye commodiouſely. Allway remember, that the ende of vyolent exercile, is difficultie in fetching of the breth. Of moderate exercile, alteration of breath onely, or the beginninge of ſweate. Moreouer in wynter, runnynge, and wraſtlynge is conuenient. In ſommer wraſtlynge alytell, but not rūning. In very cold wether, moche walkinge, in hote wether, reſt is more expedient. They which ſeme to haue moiſt bodies, & liue Celſus. 1.

in idelnes. they haue nede of violēt exercise. They which ar lean and colerycke, must walk softly, and exercise them selfes very temperatly. The plummettes, callid of Galen Alteres, whiche are nowe moch vsed with gret men, being of equall weight & accordyng to the strength of him that exercyseth, are verye goood to be vsed fastynge, a lytel before breakefast or dyner, holdynge in euery hande one plūmet, and lyftyng them on high, and bringing them downe with moche vyolence, and so he may make the exercise violent, or moderate, after the poyse of the plummettes, heuyer or lyghter, and with moche or lyttell labourynge with them.

¶ *Of Gestation, that is to say, where one is caryed, and is of an other thynge meued, and not of hym selfe.* Cap. 34.

Gestation. Paulus Egineta. Aetius.

There is also an nother kynde of exercise, whiche is called Gestation, and is myxt with moūyng and rest. For as moche as the body, settinge or lyenge, semeth to rest, and not withstandynge it is meued by that, which beareth it, as lienge in a bedde, hangynge by cordes or chaynes, or in a cradell, sytting in a chaire, whiche is caried on mens shulders with staues, as was the vse of the auncient Romaynes, or sittynge in a boote or barge, whiche is rowed, rydyng on a horse, whiche ambleth very easyly, or gothe a very softe pace. The bed, cradel, and chaire caried, serueth for them, þ ar in long & continuall sikues, or be lately recouered of a feuer. Also them, whiche haue the franesy

or

or letharge, or haue a lyghte terciane feuer, or a cotidiane. This exercise swetely asswageth troubles of the mynde, and prouoketh slepe, as it appereth in chylderne, whiche are rocked. Also it is conuenient for them, whiche haue the palsey, the stone, or the gowte. Sestation in a charyot or wagon hath in it a shakyng of the body, but som behement, and some more softe. the softe seruyth in diseases of the heade, and where any matter runneth downe in to the stomake and entrayles. But the behement shakynge is to be vsed in the griefes of the breast and stomake. Also in swellyng of the body and legges in dropsies, palseys, mygrimes, and scotomies, which is an imagination of darkenes, beynge retourned, at the ende of his iourney, he muste sytte vp and be easyly moued. I haue knowen, sayth Aetius, many persones in suche wyse cured without any other helpe. Nauigation or rowynge nygh to the land, in a calme water, is expedient for them that haue dropsies, lepries, palseys, called of the vulgare people, takynges, and fransies. To be caryed on a rough water, it is a vyolent exercise, and inducyth sundrye affections of the mynde, sommetyme feare, sometyme hope, nowe cowarde harte, nowe hardyneste, one whyle pleasure, an other whyle displeasure. These exercises, if they be wel tempred, they may put out of the body, all longe durynge syckenesses. For that whiche is myxt with reste and meuyng, if any thinge els may, it most excellently causeth the body to be well nourished. Cel-

sus

ſus doth prohibite geſtation, where the body feeleth peyne, and in the begynnynge of feuers, but
Celſus.2. whan they ceaſſe, he alloweth it. Rydynge moderately, and without greſe, it doth corroborate the ſpirite and body aboue other exercyſes, ſpecially the ſtomacke, it clenſeth the ſences, and maketh them more quycke: a'beit to the breſte, it is verye noyfull. It ought to be remembred, that as well this, as all other kyndes of exercyſe, wold be vſed in a hole countraye, & where the ayre is pure and vncorrupted. Forſene, that he that woll exercyſe, do go firſt to the ſtoole, for the cauſes reherſed in the laſte chapiter.

¶Of vociferation. Cap. 35.

THe chiefe exercyſe of the breſt & inſtrumentes of the voyce is vociferation, whiche is ſyngynge, redynge, or crienge, wherof is the propertie, that it purgeth naturall heate, and maketh it alſo ſubtyll and ſtable, and maketh the members of the body ſubſtanciall and ſtronge, reſiſting diſeaſes. This exercyſe wolde be vſed of perſones ſhort wynded, and them, which can nat fetch their brethe, but holdinge their necke ſtreight vpright. Alſo of them, whoſe fleſhe is conſumed, ſpecially about the breſte and ſhulders. Alſo whiche haue had apoſtumes broken in their breſtes: moreouer of them that are hoorſe by to moch moiſture. and to them, which haue quarteyn feuers, it is conueniente, it louſeth the humour, that ſtycketh in the breſt, and drieth vp the moyſtnes of the ſtomake,

whiche

which properly the course of the quarten is wont to bring with hym, it also profiteth them, whiche haue feble stomakes, or do vomite continually, or do breake vp sowrenes out of the stomake. it is good also for griefes of the head. He that intendeth to attempte this exercise, after that he hathe ben at the stoole, and softly rubbed the lower partes, and washed his handes. Let him speake with as base a voyce as he can, and walkynge, begyne to synge lowder & lowder, but styl in a base voice, and to take no hede of sweete tunes or armonye. For that nothinge doth profite vnto helthe of the body. but to inforce him selfe to synge great, for therby moch aire drawen in by fetching of breth, thrusteth forth the breast & stomake, and openeth and inlargeth the poores. By high crieng & loude redinge, are expelled superfluous humors. Therfore men and women, hauinge their bodies feble, and their flesshe louse, and not firme, must reade oftentimes loude, and in a base voyce, extendyng out the wynd pipe, & other passages of the brethe. But not withstādinge this exercise is not vsed alway, and of all persons. For they, in whome is abundance of humours corrupted, or be moch diseased with crudities in the stomacke and baynes, those do I counsayle, to absteyn frō the exercise of ỹ voice, lest moche corrupted iuice or vapors, may therby be into al the body distributed. And here I conclude to speake of exercise, which of thē, that desire to remain lōg in helth, is most diligētly, & as I mought say, most scrupulously to be obserued.

THE THYRDE BOKE.

¶Of Replecion. Cap. i.

REPLECION IS A ſuperfluous abundaunce of humours in the body: and that is in two maner of wyſe, that is to ſay in quantitie, and in qualitie. In quantitie, as where all the foure humours are more in abundance, than be equall in proporcion to the body that conteyneth theym, or where one humour moche exceedeth the remenaunt in quantitie. In qualytie, as where the bloud, or other humour, is hotter or colder, thycker, or thynner, than is conuenient vnto the body. Fyrſte, where all the humours, beinge ſuperfluouſely increaſed, fylleth and extendeth the receptories of the bodye, as the ſtomacke, the baynes, and bowelles, and is mooſte properly callyd fulneſſe, in greke *Plethora*, in latyne *Plenitudo*. The other is, where the bodye is infarced, eyther with coler, yelow or blacke, or with fleume, or with watry humours, and is properly callid in greke *Cacochymia*, in latyne *Vicioſus ſuccus*, in engliſhe it may be called corrupt iuyce. I wyll not here write, the ſubtyll and abundant definitions and diſcriptions of Galene in his bokes *de Plenitudine*, and in his cõmentaries vpon the aphoriſmes of Hippocrates,

crates. For it shall here suffise, to shewe the operations of replecion good or yll, remittinge them, which be curious, and desire a more ample declaration, to the most excellente warkes of Galene, where he may be satisfied, if he be not determyned to repugne against reason. Hipocrates saith, where meat is receyued moch aboue nature, that maketh syckenesse. Galene declarynge that place sayth: More meate than accordeth with natures measure, is named Replecion. And afterwarde he expoundeth that worde aboue nature, to sygnyfye to moche and superfluously, as who sayth, where the meate is superfluously taken, it maketh syckenesse. For meate but a lyttell excedynge temperance, may not forth with make syckenes, but may yet kepe the body within the latitude or boundes of helthe, for the meate that shall make syckenes, must nat a lyttell excede the exquisite measure. The incommoditie, whyche hapneth therby is, that moystnesse is to moche extended and naturall heate is debilitate. Also naturalle heate, resolueth sommewhat of the superfluouse meate and drynke. And of that, whyche is resolued of meate vndygested, procedeth fumosytie, grosse and vndygested, which ascendynge vp into the head, and touchynge the ryme, wherin the brayne is wrapped, causeth head ache, trembling of the members, dulkyshnes of the sight, and many other syckneſſes: also by the sharpnes therof, it prycketh and anoyeth the sinewes, which make sensibilitie, the rootes of whom, are in the braine.

Aph. li. 2.

Apho. 15. Vbi cibus præter natură plus ingestę est hic morbũ facit.

Galen. in comment. loco prædicto.

and from thens passeth throughe all the bodye. Fynallye, the sayd fumositie, ingendred of repletion, percynge the innermooste parte of the sayd synewes, called sensible, it greuously annoyeth the power animall, there consistinge, by the occasion wherof, vnderstandynge and reason, as to the vse of them, are lette and troubled. And also the tongue, whiche is raysons expositour, is depriued of his office, as it appereth in them, whyche are drunke, and them, whyche haue greuous peynes in theyr head, procedynge of repletion. Sygnes of replecyon be these, losse of appetite, delyte in nothynge, slouthfulnesse, dulnesse of the wytte, and sences, moze sleape, than was accustomed to be, crampes in the bodye stertynge oz saltion of the members, fulnesse of the vaynes, and thyckenesse of the poulses, hozrour oz shzouelynge of the body myxt with heate. The remedies are abstinence, and all euacuations, wherof I wil make mencō in the next chapiter.

Oribasius Euporistō lib. 1.

¶ Of *Euacuation. Cap. 2.*

The meates and drynkes receyued in to the body, if the stomake and lyuer doo their naturall office, be altered by concoction and digestiō in suche wise that the best parte therof goth in the nourishement of the body: the warst, beinge seperate by the members officiall, from the residue, are made excrementes in sundrye fourmes and substances, whiche are lyke in qualitie to the natural humour, whiche than raigneth most in the body.

These

Theſe excrementes be none other, but matter ſuperfluouſe and vnſauery, whiche by naturall powers may not be cõuerted in to fleſche, but remaynyng in the body corrupt the members, and therfore nature abhorrynge them, deſireth to haue thẽ expelled. Theſe excrementes be thre in number, Excremen
ordure, brine, humour ſuperfluous. More ouer, tes.
there be two ſortes of ordure, that is to ſaye, one Ordure.
digeſted, whiche paſſeth by ſiege, the other vndigeſted, whiche is expellyd by vomyte. Where I Dygeſted.
ſaye digeſted, I meane, that it is paſſed the ſtomake, and tourned in to an other fygure. Lyke wyſe I calle that vndigeſted, whyche ſtyll retayneth the fygure of meate. Urine is the watry ſub- Vrine.
ſtance of the bloudde, lyke as whay is of mylke, whiche out of the meate that is altered and concocte or boyled in the ſtomacke, is ſtrayned in the vaynes called Meſaraice, whiche procedeth from the holowe part of the lyuer, and ſente by the raynes in to the bladder, paſſeth by the Inſtrument, the whiche is ordeyned as well to that purpoſe, as for generation. Humor ſuperfluous is in. iii. ſor- Humor ſu-
tes, either myxt with any of the foure humours, perfluous.
callyd natural, or els it is gathered in to the brain or it is betwene the ſkyn and the fleſche, or lyeth amonge the ſinewes, muſcules, or iopntes. Of humours ſome are more grouſe and colde, ſome are ſubtyl and hot, and are called vapours. Now for to expell the ſayd excrementes, are. ix. ſundry kyndes of euacuation, that is to ſay, abſtinence, vomyte, purgation by ſiege, lettynge of bloude, ſca-

rifieng callid cupping, ſweating, prouocatiõ of vrine, ſpitting, bleding at ỹ noſe, or by hemoroides: & in womẽ, their natural purgatiõs. Of theſe euacuatiõs I wil brefely declare, with ỹ cõmodities, which by ỹ diſcret vſe of thẽ do happẽ vnto ỹ body

¶Of Abſtinence. Cap. 3.

ABſtinence is a forbearynge to receyue any meate or drinke. For & it be but in parte, it is than callyd rather temperance than abſtinẽce. It ought to be vſed onely after replecion, as the proper remedye therfore. And than if it be moderate, it conſumeth ſuperfluities, & in conſuminge them, it clarifieth the humours, maketh the body fayre coloured, and not onely kepeth out ſickneſs, but alſo where ſyckenes is entred, nothynge more helpeth, if it be vſed in ſeaſon. To them, whyche haue very moyſt bodies, hunger is right expediẽt for it maketh them more drie, not withſtandynge there ought to be conſyderatiõs, in the meate before eaten, in the age of the perſon, in the tyme of the yere, & in cuſtom. Fyrſt in the mete before eatẽ, if it be moch in exceſſe or very groſſe, or not moch excedynge, or lyght of digeſtion, and accordinge therto, wolde abſtinence more or laſſe be proporcioned. Concernyng age, Hipocrates ſaith, old mẽ may ſuſteyn faſtinge eaſily: next vnto them, men of myddel age, yong men may wars beare it, childern warſt of all, ſpecially they that be luſty: not withſtanding here Galen correcteth Hipocrates, ſaying, that he ſhuld haue excepted men very old, who

Celſ. li. 2. Hipoc. apho. li. 7.

Conſyderations in abſtinence

Apho. li. 1.

Galen. in. comment

who, as experience declareth, muſt eate often and lyttell. As touchinge tyme, it muſt be remembred, that in wynter and ſprynge tyme, the ſtomakes be naturally very hote, & ſlepe is longe, & therfore in that tyme meates wolde be more abundant, & all though moche be eaten, it wyll be ſoner digeſted. Wherfore abſtinence wold not be thā ſo moch as in ſommer, albeit to abſteyn moch in ſommer, except it be after repleçion. Damaſcene ſayth, it dryeth the body, it maketh the colour ſalowe, it ingēdreth melancoly, and hurteth the ſight. Moreouer cuſtome may not be forgoten. for they, whiche are vſed from childhode, to eate ſundry meales in the day, wold rather be reduced to fewer meales, & lytell meate, than to be cōpelled to abſteyn vtterly, to thintent, that nature, which is made by cuſtom, be not rubuked, & the power digeſtiue therby debilitate. And note well, that by to moch abſtinence, the moyſture of the body is withdrawen and conſequently the body dryeth, and waxeth leane: naturall heate, by withdrawinge of moyſture, is to moche incended, and not fyndynge humoure to warke in, tourneth his vyolence to the radycall or ſubſtanciall moyſture of the body, and exhauſtynge that humour, bringeth the body into a cōſumption. Wherfore Hipocrates ſayth, that to ſcarſe and exquiſite an order in meate and drinke, is for the more parte more dangerous than that, whiche is more abundant. Contrarywyſe moderation in abſtinence, accordinge to the ſayde conſiderations, is to helth a ſure bulwarke.

Damaſcenus apho.

Aph. li. 2.

Of

¶Of Vomyte. Cap. 4.

THe meate or drynke superfluous, or corrupted in the stomak is best expelled by vompte, if it be not very greuous to hym, whyche is diseased. Also the moderate vse of it, pourgeth fleume, lighteth the head, causeth that the excesse of meates or drynkes, shall not anoy or brynge syckenes. More ouer, it amēdeth the affectes of the raynes, the bladder, and the fundement. It also helpeth against leprles, cankers, goutes, dropsies, & also dyuers syckenesses procedynge of the stomacke. For if any grefe hapneth of the heade, vomite is than vncommodious. It is better in winter, than in sommer. Also good for them, which are replete or very colerike, if they haue not welle digested. but it is yll for them that be leane, or haue weake stomakes. And therfore where one feeleth bytter vapours, rispnge out of his stomacke, with griefe and weightynes, in the ouer partes of his bodye, let him runne forth with to this remedy. It is also good for him that is hart burned, and hath moch spittel, or his stomake wambleth, and for him that remeueth into sundry places. yet I counsaile saith Celsus, hym that wyll be in helth, and wold not be to soone aged, that he vse not this daylye. And I my selfe haue knowen men, whiche dayly vsinge it, haue brought therby their stomakes in to suche custome, that what so euer they dyd eate, they coude not longe retaine it, wherby they shortenē their liues. Wherfore it wold not be vsid, but onely where great surfet, or abundance of fleume

Aetiꝰ. li. 1.

Celsꝰ. li. 1.

do require it. He that wyll vompyte after meate, let hym drynke sundry drinkes myxte togyther, and last of all, warme water: or if that be to easy, let hym myxt therwith salt or hony. If he wyll vomite fastynge, let him drinke water and hony sodden togither, or Isope with it, or eate of a radysche roote, and drinke warme water vpon it. also water, wherin radysche is boyled, and afterward prouoke hym selfe to it. Them, that wyll haue more violent purgations, I rempte to phisitions lerned. But yet I do ernestones warne them, that therin they be circumspect, and do not moche vse it.

Moreouer in vomytes, the matter brought forth, Hipocra. præsag. 2. wold be consydered, accordyng to the rules of Hipocrates, in his seconde boke of prognostications, cap. 7. that is to say, if it be myxt with fleme and coler, it is most profitable if it be not in very great quãtity, nor thick, the lasse mixture it hath, the wars is it. If it be grene, like to leke blades, thyn or blak, it is to be iuged yll. If it haue al colours, it is extreme perillous. If it be ledy coloured, & sauorith horribly, it signifieth a short abolicion, or dissolution of nature. For as Galene affirmeth there in his commente, suche maner of vomite declareth corruption with extinctinge of nature. Also euery putrified and stynkynge sauoure in vomyte is yll. These thinges be ryght necessary, to be loked for, where one doth vomyte without any difficultie: but to inforce one to vomyte which can not, is very odious, and to be abhorred. Galen. de locis affectis lib. 1.

¶ Of Purgations by ſiege. Cap. 5.

Celſ. li. 2 Aetiꝰ. li. 1.

If the hed be heuy, or the eien dimme, or if there be peyne felt of the colyke, or in the lower parte of the bely, or in the hippes, or ſome colerike matter or fleume in the ſtomake. Alſo if the breath be hardely fetched, if the bealy of hym ſelfe ſendeth forth nothing, or if being coſtiue, one feleth yl ſauour or bytternes in his mouth, or that which he maketh, hath an horrible ſauour, or if abſtinence do not, at the fyrſt putte awaye the feuer, or if the ſtrength of the body may nat ſuſteyne lettynge of blud, orels the tyme therfore conuenient is paſt, or if one haue dronke moche before his ſyckenes, or if he whiche oftentymes vnconſtrayned, hath had great ſieges, be ſodeynly ſtopped: in all theſe caſes, and where it is peynfull to vompte, and in gnawynge or frettinges of the ſtomake, finally in all replecions, where a man can not or wyll not be let bloudde or vompte, it is expedient to prouoke ſiege by purgations, whiche are receyued by two wayes: vpwarde at the foundement by ſuppoſitorie or clyſters. Downewarde at the mouth, by potions, electuaries, or pylles. Suppoſitories are vſed, where the pacient is weake, and maye not receyue any other purgations. ſometyme for as moche as the ſtrayt gutte is ſtopped with excrementes, which are dry and hard: ſometyme where there nedeth none other pourgation, ſpecially in bourninge feuers, wherof the matter aſcendeth in to the head, than cliſters may do harme, & by the benefit of ſuppoſitories, excrementes are brought

forthe without any annoyance. And oftentymes it bringeth forth that which clysters may nat.

Suppositories armade somtyme with hony only, sodden, rolled on a bourde, and made rounde, smaller at the one ende than at the other, & of the length and greatnes, according to the quātitie of the body that taketh it. Somtyme there is myrte with the hony salt dried, or salt peter, or the powder of suche thinges, as do eyther purge the humor, which offēdeth, or dissolueth grosse windes, or other matter: they be somtyme made with rosyn, pitche, ware, or gūmes, somtyme of rotes, or the leaues of mercury grene, bery small bruised, also with figgis or reisons, the stones takē out, or of white sope, made ī the figure aforesayd, & being made in the forme aforesayd, they must be put vp in at the fundement, to the great end, and the pacient must kepe it there the space of halfe an houre or more. Clysters are made of lycour, sommetyme symple, as water sodden, mylk, oyle, or wyne. somtyme myxt, as water and oyle togither, or decoctions, as where herbes, rotes, fruites, sedes, or gūmes, haupnge propertie to make softe, dissolue, drawe forthe, or expelle matter that greueth, be boyled, and the lycour therof, sometyme warme, sometyme hote, is receyued at the fundement into the body by a lyttell pipe of golde or syluer, yuorie or wodde, therfore ordeyned and callyd a clyster pipe. This is necessary, where the stomake is weake, and may not susteyn the warkinge of medicines receyued at the mouth. also in feuers, co-

lykes, and other diſeaſes in the bowels, griefe in the raynes of the backe or huckle bone, ventoſyties in the bealye, inflamation or exulceration in the guttes or bladder. It is a cõuenyent and ſure medicine, and leſt hurt doth enſue of it. The makinge and ordringe therof, I wyll omytte to wrıte in this place, partly that I wold not, that phiſitions ſhuld to moch note in me preſumption, partly that an nother place may be more apte to that pourpoſe.

¶ *The particular commodities of euery pourgation. Cap. 6.*

In potions, electuaries, and pylles ought to be moch more obſeruation, than in clyſters or ſuppoſitories, for as moche as theſe do enter no further than in to the gutte, where the ordure lieth, & by that place only, bringeth forth the matter, whiche cauſeth diſeaſe. But the other entringe in that way, that meates and drinkes do, commeth in to the ſtomacke, and there is boyled, and ſente in to the places of digeſtion, and afterwarde is mixte with the iuyce, wherof the ſubſtance of the body is made, and expellynge the aduerſary humours, ſomewhat therof doutleſſe remayneth in the body. Wherfore men haue nede to beware, what medycines they receyue, that in them be no benenoſitie, malyce, or corruption, leſte for the expellinge of a ſuperfluous humor, whiche perchance good diete, or ſom brothes made of good herbes, or the ſayde euacuation, with ſuppoſytorie or clyſter, mought

mought bring forth at leysure. by despyngе of to hasty remedy, they receyue in medicine that, whiche shall ingender a venomous humour, and vnsuitable distructiō vnto all the body. And therfore happy is he, whiche in sycknes fyndeth a discrete and well lerned phisition, and so true a poticary, that hath alway dowges vncorrupted. & whom the phisition may surely trust. to dispence his thinges truely. But now to returne to the sayd forme of purgation, I wyll nowe set forth some counsayles, concernynge that matter, whiche I haue collected out of the chefe authors of phisike.

Bodies hote & moyst: may easily sustеyn purgation by the stoole. They, whiche be leane or thyn, hauinge the members tender, may take harme by purgations. To men that are colerike, and them, that eate litell, purgations are greuous. In young chyldern and olde men, it is daungerous to louse moche the bealy. To them that are not wont to it, purgation is noysfull. He that liueth in a good order of diet, nedeth neither purgation nor vomite. After that the purgatiō hath wrought, thirstines and sounde slepe, be signes that the body is sufficiently purged. By dayly takynge of medicines, nature is corrupted. Whan ye wylle pourge any thing, make first the matter flowing and soluble. Medicine to purge ought not to be mingled with meate, but to be takē foure houres at the least before meales, or thre houres after meales, excepte certayne easy pylles made to clense and comforte the stomake, whiche wold be taken at the begyn- Hipocras aphor.

ning of ſupper, or after ſupper, a litell before that one goth to bed, makinge a light ſupper or none. After purgation taken, the pacient ſhuld reſt, and not walke, vntyll the medicine hath wrought, nor eate or drynke in the meane ſpace. This is a general rule cõcernyng excrementes, that ỹ cauſe of retaynynge of them b⁻inge perceyued, the contrarye vnto that cauſe wolde be gyuen, as if a lytell quantytie and drythe be the cauſe, than to take more in quantitie, and that whiche is moyſte yf drythe be the cauſe onely, than not to increaſe the quantitie, but that whiche is moyſte. If the cauſe be of takinge ſoure thynges or bytter, than to vſe competently thynges ſweete, or fatte. Lykewyſe in order of meales, as if he whyche was wonte to eate twyſe in one day eateth but ones, and therby is diſcraſed, he muſt feede not onely twyſe in one day, but alſo oftener, hauinge reſpect to a conuenient quantitie. Theſe thinges haue I remembred, bycauſe I haue knowen right good phiſitions, to haue forgotten, to inſtruct therof their pacientes. Nowe wyll I ſettle forthe the table of ſuche thinges, which of their propertie do digeſt or purge ſuperfluous humors particularly, whiche I haue gathered out of the bokes of Dioſcorides Galen, Paul⁹ Egineta, Oribaſius, & Aetius, and other late writers. not with ſtandynge, I haue not writen all, for as moche as there be dyuers thinges, whervnto we haue not yet founden any names in engliſhe.

Galen. de ſani. tuen. li. 1.

Dige-

¶ Digeſtyues of Choler

Endyue.
Lettyſe.
Cykozie.
Scabioſe.
Maydenheare.
Malowes.
Mercurye.
The iuyce of pome=granades.
Pourſelane.
Poppye.
Berberyes.
Roſes.
Violettes, the leafe and flowze.
Sozell.
Lyuerwozte
Sozell de boyſe.
Whay clarifyed.
The greate foure colde ſedes, that is to ſaye, of gourdes, cucumbers, melones, and citruls.
Pſillium.
Vineger.
Saunders.
Barley water.
Pzunes.
Tamarindes.

¶ Pourgers of Choler.

Wylde hoppes.
Wozmewode.
Centozie.
Fumitozie.
Whay of butter.
Violettes.
Mercurye.
Iuyce of roſes.
Pzunes.
Agrimony.
Tamarynde halfe an ounce in a decoction:
Manna. vi. dzammes at the leaſte, and ſoo to xxb. in the bzothe of a henne oz capon.
Reubarbarū by it ſelfe from two dzammes, vn to foure, infuſed oz ſtiped in lycour, from .iiii. dzammes vnto .viii.

¶ Digeſtiues of fleume.

Fenell. } the rotes.
Perſely. }
Smallage.
Capers.
Lawzell.

Synup

Synuye.
Puly.
Maioram.
Penyroyall.
Wylde parſnyp ſede.
Mynt.
Pympernell.
Rozemynt.
Gladen.
Agrymonye.
Calamynt.
Nep.
Betayne.
Sauge.
Radyſhe.
Mugwozte.
Junyper.
Hyſope.
Pyonye.
Baulme.
Honye.
Gynger.
Squilla.
Ariſtolochia,
Cynamome.
Pepper.
Cumyne.

Purgers of fleume.

¶ Centozie.
Nettyll.
Agrimonye.
Alder.
Polypodiū of the oke.
Myzobalani kebuli, in
fuſed from half an oūce
to an ounce, and.ii. dzā-
mes. In ſubſtāce, from
two dzammes to halfe
an ounce.
Agaricus frō a dzāme
to two dzāmes infuſed,
from.ii.dzāmes to fiue.
Yreos.
Maydenheare.
Sticados.

¶ Purgers of melan-
colye.

¶ The bzothe of cole-
wozte lyght boyled.
Baulme mynte.
Sticados.
Tyme.
Seene, boyled in white
wine oz in the bzothe of
a henne.
Laſed ſauery.
Erithimus.
Unwzought ſylke.
Organum.
Calamynt.

Bourage

Bourage. wyth wynde.
Hartis tongue. Pulyall mountayne.
Quickbeme. Honye.
Waynbenheare. Sugar.

¶ Melancolye for the thynneſſe and ſubtylneſſe of the humour, nedeth no digeſtiue.

¶ They whiche wyll take ſharper purgations, or compound with dyuers thinges, let them take the counſayle of an honeſt and perfite phiſition, & not aduenture to myxte thynges togither, without knowing the temperance of them in degrees, and that he can proporcion them to the body, that ſhall receyue them in ſymples, as they be writen. And ſo he may vſe them without peryll, agaynſte the humours, wherunto they ſerue.

Lettynge of bloudde. Cap. 7.

The parte of Euacuation by lettinge of blude is inciſion or cuttynge of the vayne, wherby the bloud, whiche is cauſe of ſyckenes or griefe to the hole body, or any particular part therof, doth moſt aptly paſſe. The commodities wherof, be- Arnoldus de uilla noua.
inge in a moderate quantitie, and in a due tyme taken, be theſe that folowe, it clarifieth the wytte, and maketh good memory, it clenſeth the bladder, it dryeth the brayne, it warmeth the marowe, beinge in the bones, it openeth the herynge, it ſtoppeth teares or droppynges of the eyen, it taketh away lothſomnes, and confirmeth the ſtomake, it noryſheth that which is propre to nature, and the

contrary expelleth. It is thought, that therby life is prolonged, and the matter makynge sykenesse shortely consumed. Wherfore lettynge of bloude is not only expedient for them, whiche are full of bloud, or haue abundance of strength, but also for them, in whom, without plenitude, callyd fulnes, inflammations begyn to be in their bodies, or by some outwarde stroke, the bloude being gathered within by collection therof, do fele griefe or disease. Also where there is moche peyne felte, or debilitie of some member, wherof is supposed to be ingendred some greuous disease. Moreouer they whiche vse excesse of meates and drynkes, maye be cured by lettynge of bloudde. But those, whiche be temperate, keppynge good diete, be holpen without lettynge of bloude: as by fricasies, vsing of bathes, exercise, walkynge, and rydyng moderately. Also vnctions with oyles and oyntementes, callyd Diaphoretice, which by euaporation, do shortely euacuate the fulnesse. All be it, if the fulnesse be of melancolye bloud, than alwaye nedes must be lettynge of bloudde. Aboundaunce of melancolye bloudde is knowen by these sygnes. There is felt in the entrayles, or within the bulke of a man or woman, a weyghtynesse with tension or thrustyng outwarde: and all that part, whiche is aboue the nauell, is more heuy, than it was wont to be. Also moch brin and fatty, the residēce or bottom thycke, troublous, and fatte. sometyme blacke pouches or boyles, with inflamation and moch peyne. These must be shortly let bloud, and

Oribasius sug medicing compendio.

the

the melancoly humor also purged by siege. They whiche haue crude or raw humors, must be warely let bloudde, before that sykneſſe ingender, but haupnge the feuer, in no wyſe. Concernynge letting of bloud, theſe thinges folowinge wold be hadde in continuall remembraunce, and be afore thought on. In abundanc. of the bloud, the qualitie and quantitie, the greatneſſe of the sycknes, and if it be present, or loked for. also the diete precedynge, the age and ſtrength of the perſone, the naturall fourme of his body, the time of the yere, the region or countrey, the preſēt ſtate of the aire, the diſuſe of accuſtomed exerciſe, the ſeſſinge of euacuations vſed before. In qualitie conſyder, of what humour the fulneſſe procedeth. In quantitie the abundance of that, whiche is to be purged. In ſiknes, if it be dangerous or tollerable: yf the ſiknes be preſent, it requireth the more diligēce: if it be loked for, it may be the better proporcioned. In diet, the cuſtome in eating & drinking muſt be ſpecially noted. In yong men & womē, lettinge of bloud wold be more liberall. In old men & yonge children, it wold be ſcarſer: ſtronge men may ſuſteyne bledinge, they which are feble, may not endure it: Large bodies haue greater veſſels, than they, whiche be litell. leane men haue more bloud, corporate men haue more fleſhe. The tyme of the yere muſt be ſpecially marked. For in the begynninge of ſpringe tyme is the beſt letting of bloud, as Oribaſius ſaythe, and ſo dothe continue, after the opinion of Arnolde, vnto the eighte calendes

Aetij. li. 3

Cor. Celſus. li. 3.

Oriba. ſu. Arnoldus de uilla noua de flobothomia. Io. Damaſcenus in arte med.

of June. Aetius affirmeth, that in wynter, or in a colde countrey, or where the perſon is of a very colde nature, the vaynes ſhulde not be opened. And Damaſcene ſaythe, They whiche in youthe haue vſed to be moche let blood, after they be thre ſcore yeres olde, their nature wareth colde, and naturall heate is in them ſuffocate, ſpecyallye yf they were of a colde complexion. but that is to be vnderſtande, where they that are in helth, are often let bloud. For in the lapſe from helth, and in dyuers diſeaſes, wherin the bloude is corrupted, or where it ingēdreth impoſtumes, or reſorteth to any place, where it ought not to be, or paſſeth by any other cundyte, than nature hath ordeyned, or where it is furious or inflamed, or by any other meanes breedeth greuous diſeaſes, in all theſe caſes, it ought to be practiſed. ye ſometyme in aged perſons, women with childe, and ponge infantes. For in extreme neceſſitie it were better experience ſome remedy, than to do nothynge. All other thinges concernynge this matter, partayn to the part curatiue, whiche treateth of healynge of ſyckines. wherof I wyll not nowe ſpeake, but remytte the reders to the counſaile of diſcrete phiſitions.

Of ſcarifyeng called boxyng or cuppyng. Cap. 8.

Galenus. Aetiꝰ li. 3.

FOr as moche as it is not conuenient, to be let bloud oftentimes in the yere, bycauſe moch of the bytall ſpirite, paſſeth forth with the bloudde, whiche being exhauſt, the body wareth colde, and naturall operations becom the more feble, I ther-

fore

foꝛe do counſayle(ſayth Galen) that the baſe partes of the body,as the legges, be ſcarified, which is the moſte ſure remedy, as well in conſeruynge helthe, as in repayꝛynge therof, beinge decayed. Foꝛ it cureth the eyen being annoyed with longe dyſtillations. It pꝛofiteth alſo to the head,and ouer parte of the body agaiꝛnſt ſundꝛy diſeaſes. In what member the bloud is gathered, thꝛ body being fyꝛſt pourged by ſcarification,the greſe maye be cured. Alſo Oꝛibaſius affirmeth the ſame, and alſo addeth therto, that it helpeth ſquynances, oꝛ quynces in the thꝛote,and diſſolueth the conſtipations oꝛ ſtoppinges made of all places, if the places be ſcarified: not withſtanding application of boxes about the ſtomake, in hot feuers, where reſon is troubled, ar to be eſchewed,foꝛ feare of ſuffocation. Lykewiſe put to the head vndiſcretely, it hurteth both the head and the eies. The late authoꝛs do affirme, that ſcarifieng is in the ſtede of lettinge bloudde, where foꝛ age, debilitie, oꝛ tyme of the yere, oꝛ other lyke conſyderation, a manne may not ſuffeyn bloud lettynge, and it bꝛyngethe foꝛth the thyn blod,which is next to the ſkynne. Oribaſius in medicine compendio. Aetius.

Of bloud ſuckers or leaches. Cap. 9.

THere is alſo an other fourme of euacuation by woꝛmes, founde in waters called bloudde ſuckers,oꝛ leaches, whiche being put vnto the body oꝛ member, doo dꝛawe out bloudde. And their dꝛawynge is moꝛe conuenient foꝛ fulneſſe of blod thanne ſcarifienge is, foꝛ as moche as they ſeiche

bloude more deper, and is more of the ſubſtaunce of bloude. yet the opinion of ſomme men is, that they do drawe no bloudde but that, whiche is corrupted, and not proporcionable vnto our body. And therfore in griefes, whiche happen betwene the ſkynne and the fleſſhe of bloudde corrupted, theſe are more conuer'ient than ſcarifienge. But before that they be put vnto any part of the body they muſt be fyrſt kept all one day before, giuinge vnto them a lyttell bloude in freſſhe fleſſhe. And than put them in a clene water, ſomwhat warme, and with a ſpounge wype away the ſlyme, whiche is about them, and than lay a lyttell bloud on the place greued, and put them than to it, and lay on theym a ſpounge, that whan they be fulle, they may falle awaye, or if ye wyll ſooner haue theym of, putte a horſe heare betweene theyr mouthes, and the place, and drawe theym awaye, or putte to their mouthes ſalte or aſſhes, or vyneger, and forthwith they ſhall falle, and than waſſhe the place with a ſpounge: and if there doo yſſue moche bloudde, laye on the place the poulder of a ſpounge, and pytche bourned, or lynnen clothe bourned, or galles bourned, or the herbe called *Burſa paſtoris* bruyſed. And this ſuffyſeth concernyng bloud ſuckers.

Oribaſius in medicine compendio.

¶ Of *hemoroides* or pylles. Cap. 10.

HEmoroides be vaynes in the foundement, of whome do happen ſundry paſſions. ſometyme ſwellyng, without bledynge, ſometyme ſuperfluous

perfluous bloud by the puiſſance of nature, is by them expelled, and than be they very conuenient. for by them a man ſhall eſcape many great ſyckeneſſes, whiche be ingendred of corrupted bloude, or of melancoly. Semblably, if they be haſtyly ſtopped frome the courſe, whiche they haue bene vſed to, therby do increaſe the ſaid ſyknesſes, whiche by them were expelled, as dropſies, cõſumptions, madnes, fraſies, and diuers diſeaſes of the head, and other ſyckneſſes, palenes of the viſage, griefe in the raines of the backe, and thies. And if they flow to moch, there inſueth feblenes, leanes of the body, alteration of colour, great peynes in the lower partes of the bodye. And yf the flure be vnmoderate, it ingendreth myſcheuous diſeaſes. Wherfore it wolde be dyligentely taken hede, that they runne in meſure, or els to vſe ſome thinges moderately, whiche may reſtrayn them.

¶ Concerninge other euacuatiõs, I do purpoſely omytte to wryte of theym in this place, for as moche as in this realme, it hath bene accompted not honeſt, to declare them in the vulgar tongue, but onely ſecretely.

Of affectes of the mynde. Cap. 11.

The laſt of thynges called not naturall, is not the leaſt parte to be conſydered, the whyche is of affectes and paſſions of the mynde. For yf they be immoderate, they do not onely annoye the body, & ſhorten the lyfe, but alſo they do appaire, and ſomtyme loſe vtterly a mans eſtimation. And

that

that moche more is, they bringe a man from the vse of reason, and sometyme in the displeasure of almighty god. wherfore they do not only require the helpe of phisyke corporall, but also the counsell of a man wyse and well lerned in morall philosophye. wherefore after that I haue recyted. what they be, I wyll briefely declare suche counsayles, as I haue gathered. And as concernynge remedies of phisike sauinge a few symples, which do comfort the harte & spirites, the residue I wyl rempte to the counsayle of phisitions, lyke as I haue done in euacuation. Affectes of the mynde, wherby the body is annoyed, and do bring in sikenes, be these, yre or wrath, heuynes or sorow, gladnes, or reioycynge.

¶Of Ire. Cap. ii.

IRe is kendlyd in the harte, inordynately chaufynge the spirites there, and than is sent forthe in to the members, and doth superfluously heate them. and disturbeth reason, where the bodyes be hote afore. where naturall heate is feeble, the heate may nat be dispersed vnto the extreme partes, and than dothe the extreme members, that is to say, whiche are farre frome the harte, remayne colde, and tremblynge. Of this affection cometh sometyme feuers, sometyme apoplexies, or priuation of sencis, tremblynge, palseys, madnes, frasies, deformitie of visage, and that warse is. outragious swearynge, blasphemy. desyre of vengeance, losse of charitie, amitie, credence, also forgetfulnes

fulnes of benefyte preceadynge, and of obedyence, duetie, and reuerence. There also do succede contencion, chargeable suite, vnquietnes of mynde, lacke of appetite, lacke of slepe, feeble digestion, scorne, disdayne, and hatrede of other, with perill of losynge of all good reputation. These incommodities of Ire, perfitely had in remembraunce, & at the fyrst motion therof one of them thought on, may happen to bringe in his felowes, & therby the flame may be quenched. Or let hym that is angry, euen at the fyrst consyder one of these thinges, that lyke as he is a man, so is also the other, with whom he is angry, and therfore it is as lefull for the other to be angry, as vnto hym: and if he so be, than shall that anger be to hym displeasant, and stere hym more to be angrye. Wherby it appereth, that Ire is to hym lothsome. If the other be pacient, than let hym abhorre that thynge in hym selfe, the lacke whereof, in the other contenteth hym, and asswageth his malice. More ouer, let hym before, that occasion of Ire doth happen, accustome hym selfe to beholde, and marke well them that be angry, with the successe of that anger, & ruminate it in his mynde, a good space after. And in that tyme, let hym remember, how Christe, the sonne of God and God, who (as he hym selfe sayd) mought haue had of God his father, if he wolde haue asked them, legions of angels to haue defended hym, ye with lasse than a wynge, mought haue slayne all his aduersaries: yet he not withstandinge rebuked, scorned, falsely

accuſed, plucked hyther & thyther, ſtryped, boun-
den with halters, whypped, ſpytte on, buffetted,
crowned with ſharpe thorne, laded with a heuye
piece of tymber, his owne proper torment, halyd,
& dryuen forth lyke a calfe to the ſlaughter houſe,
eftſones beaten and ouerthrowen, retched forthe
with ropes, armes and legges layd on the croſſe,
and therunto with long yron nayles through the
handes and fete nayled, with many ſtrokes of hā-
mers, with many prickynges, or euer the nayles
mought perce by his tender & moſt bleſſed fleſſhe,
and ſynewes, quyte throughe the harde tymber,
vp to the heades of the nayles, and all this being
done for the offence of mankynd, and not his, yet
with the men, whiche dyd it, his mooſte vnkynde
countrey men, his moſt vnnaturall kynneſmen,
whom he kyſſe made of nothynge, preſerued by
myracles, delyuered from perylles, and cured of
dyſeaſes, in all his veratton and trouble, he was
neuer ſene or perceyued angry. If one wyll ſaye,
that Anger is naturall, lette hym alſo conſyder,
that 'n Chriſtis manhoode were all naturall po-
wers. If he wyll ſaye, that Ire is token of cou-
rage, and in Chriſte it lacked not, whome both an-
gels and deuyls trembled and feared. The pre-
myſſes often reuolued, and borne in the mynde, I
wyll not ſay, ſhall vtterly extincte all motions of
wrath, whiche is not poſſible, but it ſhall, whan it
kyndleth lyghtly repreſſe it, and lette that it ſhall
not growe into flame. And in ſpeakynge here of
wrathe, I do not meane that, whiche good menne

haue

haue againſt vices: or wyſe and diſcrete gouernours, and maiſters, agaynſt the defautes or negligences of their ſubiectes or ſeruauntes, vſed in rebukynge them, or moderately punyſhynge them. For that is not properly yre, but rather to be callyd diſpleſure, and is that wherof god ſpeketh, by his prophete Dauyd, ſayenge, Be you angry, and do not ſynne. And that maner of anger, hath ben in dyuers holy men, prophetes, and other. And it appered in Chriſte, whan he draue oute theym, whyche made their markette, in the holy temple of god, where there oughte to be nothynge but prayer. And in lykewyſe whan he rebuked the hypocrites. But yf none of theſe thynges may come ſo ſhortely to his remembraunce, that is meued with anger, at the leaſte, lette hym thynke on the leſſon, that Apollodorus the phyloſopher, taught to the emperour Octauian, that before he ſpeake or do any thynge in anger, he do recite in order, all the letters of the A. B. C, and remoue ſomwhat out of the place, that he is in, and ſeke occaſion to be otherwyſe occupied. This ſhal for this tyme ſuffiſe, for the remedyes of Ire. And he that wyll knowe more of this matter, lette him rede in my warke, callyd the Gouernour, where I therof do write more abundantly.

Pſal. 4. Geneſ. 31. Exod. 32. Leuit. 10. Marc. 11.

¶ Of *dolour or heuyneſſe of mynde.* Capitulo. 12.

There is nothynge more ennempe to lyke, thã ſorowe, callyd alſo heupnes, for it exhaulteth

bothe naturall heate and moyſture of the bodye, and dothe extenuate or make the body leane, dulleth the wytte, and darkeneth the ſpirites, letteth the vſe and iudgement of reaſon, and oppreſſeth memorye. And Salomon ſayth, that ſorowe drieth vp the bones. And alſo, lyke as the mothe in the garment, and the wourme in the tree, ſo dothe heyneſſe annoye the harte of a manne. Also in the boke callyd Eccleſiaſticus, Sorowe hath kylled many, and in it ſelfe is founde no commoditie.

6.17.

Eccleſiaſt.25.28.

Also by heyneſſe deth is haſtened, it hydeth vertue or ſtrengthe, and heyneſſe of harte boweth downe the necke. This is ſo puiſſant an ennemye to nature and bodily helth, that to reſiſte the malyce and violence therof, are required remedies, as well of the holſome counſayles founde in holy ſcripture, and in the bokes of morall doctrine, as alſo of certayne herbes, fruites, and ſpyces, haynge the propretie to expelle melancolyke humours, and to comfort and kepe lyuely the ſpirites, whyche haue their proper habytation in the harte of man, and moderate nouriſhynge of the naturall heate and humour callyd radicall, which is the baſe or foũdation, wherupon the lyfe of mã ſtandeth, and that kayling, lyfe falleth in ruine, & the body is diſſolued. Nowe fyrſte I wyll declare ſome remedies a geynſt ſorowfulneſſe of harte, cõcernynge neceſſary counſayle.

Sometyme this affecte hapneth of Ingratytude, eyther where for benefyte, or ſpecial loue emplo yde, one receyueth damage, or is abandoned

in his

in his neceſſitie, or is decepued of hym, whome he truſted, or fyndeth hym, of whom he hath greate expectation, forgetfull or negligent in his cõmoditie, or percepueth the perſone, whome of longe tyme he hath loued, to be eſtraunged from him, or to haue one of later acquayntaunce in more eſtymation. This affection nyppeth the harte, ye of moſte wyſe men, for they loue moſte hartily, not prouoked by carnal affection, but rather by good opinion, ingẽdred by ſimilitude of honeſt ſtudyes and vertuous maners of longe tyme mutuallye experienced. And it is not only vnto mã greuous, but alſo vnto god moſt diſpleaſant and odious, as it is abundantly declared in ſcripture. Wherfore the perſone, whiche feleth hym ſelfe touched with this affecte, before that it growe into a paſſion, and wareth a ſyckneſſe, lette hym call to remembrance theſe articles folowinge, or at the leſt ways ſome of them, for euerych of theym maye eaſe hym, though perchaunce they can nat forthe with perfitely cure hym.

Conſaille ageinſt ingratitude.

¶ Conſyder, that the corruption of mans nature is not ſo moch declared in any thing, as in ingratitude, wherby a man is made warſe, thã dyuers brute beaſtes. The lyttell ant or emote helpeth vp his folow, whom he ſeeth ouerthrowen with burdeyn, or by other occaſion. Alſo whan olyphantes do paſſe ouer any great wäter, the gretteſt & moſt puiſſant of them deuide them ſelfes, and ſettynge the weakeſt in the myddell, part go before, trieng the depenes and perils, parte come after, ſuccou-

Appianus in varia hiſtoria.

ɾinge the weakeſt or leaſt, with there longe noſes. whan they ſe them in danger. The ſame beaſtes haue ben ſene not onely bɾynge men out of deſertes, which haue loſt their ways, but alſo reuenge the diſpleaſures done to theym, the whiche gaue them meate, as one that ſlewe him, which hade cõmytted aduoutrie wi'h his mayſters wyfe. The terrible Lyons and Panthers, haue ben ſeene in their maner, to render thankes to their benefactours, ye and to obiecte their owne bodyes and lyues for their defence. The ſame we maye dayly beholde in our owne dogges. Thã in whom thou fyndeſt the deteſtable vyce of Ingratitude, reputynge hym amonge the warſt ſorte of creatures, thinke not that thou haſt loſt a frende, but thinke that thou arte delyuered from a monſter of nature, that deuoured thy loue, & that thou art now at libertie, and haſt won experience to chuſe the a better. But if this may not ſuffiſe, than eftſones conſyder, that if thou loke well on thy ſelfe, perchance thou mayſt fynde the faute, wherof thou complayneſt, within thyn owne boſome. Calle to thy remembɾance, if thou haſt alway rendɾed vnto euery man condigne thankes or benefitte, of whom thou haſt kyndnes receyued, or if thou haſt alway remembɾed, euery one of theym, that haue doone to the any commoditie or pleaſure. Thou ſhalte well percepue, that what thynge thou receyuedſt in childehode, thou forgatteſt or diddeſt litel eſteme, whan thou camiſt to the ſtate of a mã. And what thou dyddeſte remember in youthe, in

Seneca de benefi. 7.

age

age thou dyddeſt lyttell thynke on: thy nourpces pappe, her rockynges, her watchynges, thou haſt not alway remembred, or equally recompenſed. Thy ſchole mayſters ſtudy, his labour, his dyly-gẽce, in a like degre, thou haſt not requited. What greter frẽdes haſt thou had, of whom thou couldeſt recepue any greater benefites, than thy norti-ſchynge and preſeruinge of thy lyfe, in thy moſt feblenes, or thyne erudiciõ. wherby thy nature was made more excellent. Remembrynge this, leaue to be angry or ſorowfull for ſo cõmon a vyce, yet if it ceſſe not to greue the, cõferre the ingratitude that doth vexe the, with that ingratitude, whiche was ſhewed by the Iſraelites, whome god chaſe for his owne people, delyuered from ſeruage, ſhewed for them wõders, preſerued them forty yeres in deſert, deſtroyd for them kynges, gaue to them the countrey, whiche flowed mylke and hony, defended them agaynſt all outwarde hoſtilitie, ſente vnto them ſuch abundance of ryches, that ſyluer was in Hieruſalẽ, as ſtones in the ſtrete, had his tabernacle, and afterwarde his moſte holye temple amonge them, whiche he dyd daily vyſit with his diuine maieſtie, made their kynges to reigne gloriouſely, and ſpake with their prophetes familyarlye, and corrected theyr errours mooſte gentilly: and yet for all this, they imbracynge the paynyms idolatrie, they left ſo gracious and louyng a lorde, and lyuynge god, and to his greatte diſpite, gaue diuine honours, to calues of braſſe, and other monſtruous images, and at the laſte,

put

put to moſte cruell dethe, the onely ſonne of god, that had done ſo moch for them.

And if we chriſten men, do loke well on our ſelues, reuolupnge the incomparable benefite, whiche we haue receyued by Chriſtis paſſion, and cõſyder the circumſtance of his moſte excellent pacience, and moſte feruent loue towarde vs, without forgetfulneſſe, and the dayly breache of oure promyſe, whiche we made at our baptyſme, conferringe our mutuall vnkyndnes therunto, there ſhall appere none ingratitude that ſhulde offende vs. Fynally for a concluſion, beholde well about the, and thou ſhalt all day fynde the chylderne ingrate to their parentes, and wyues to their huſbandes. And wylte thou loke that thy benefite or vayne expectation, ſhuld make the more fre from ingratitude of thy frende, whome chaunce hath ſent the, than nature maye the parentes towarde their childzen, or the conuẽction of bodies by lefull mariage, take vnkyndeneſſe from the wyues toward their huſbandes? This vice therfore of Ingratitude, being ſo common a chance, maketh no worldly frendſhyp ſo precious, that lyfe or helthe therfore ſhulde be ſpent or conſumed. I haue bene the lengar in this place, bycauſe I haue hadde in this grieke ſufficient experience.

Deathe of chylderen.

If deathe of chylderne be cauſe of thy heuyneſſe, call to thy remembrance ſome chylderne (of whome there is no lyttell number) whoſe lyues either for vncorrigible vices, or infortunate chances, haue ben more greuous vnto theyr parentes, than

than the death of thy childzen, oughte to be vnto the: conſideringe that deth is the diſcharger of al griefes and myſeries, and to them that dye well, the fyrſt entrie in to lyfe euerlaſtynge.

¶ The loſſe of goodes or authoritie doo greue none but fooles, which do not marke diligently, that lyke as neyther the one nor the other doth alway happen to them that are worthy, ſo we haue in dayly experience, that they falle from hym ſodeynly, who in increaſynge or keppynge theym ſemeth moſte buſye. Loſſe of goodes.

¶ Oftentymes the repulſe frome promotion is cauſe of diſcomforte. but than conſyder, whether in the opinion of good men, thou art demed worthy to haue ſuch aduauncement, or in thyne owne expectation and fantaſy. If good men ſo iudge the, thanke thou god of that felicitie, and laughe at the blyndneſſe of them, that ſoo haue refuſed the. If it procede of thyne owne folye, abhorre al arrogance, and inforce thy ſelfe to be aduanced in mens eſtimation, before thou canſt fynde thy ſelfe worthy in thy proper opinion. Lacke of promotio.

¶ All other chaunces of fortune, eſteme as noothynge, & that longe before they do happen. The ofte recordynge of myſerie, prepareth the mynde to fele leſſe aduerſitie. And the cõtempt of fortune is ſure quietneſſe and moſt perfite felicitie. Chaunces of fortune.

¶ This nowe ſhall ſuffiſe concerninge remedies of morall philoſophie. Nowe wyll I write ſomewhat touchynge the counſayle of phiſycke, as in relieuynge the bodye, whiche eyther by the ſayde

occasions, or by the humoure of melancolye is brought out of temper.

The fyrste counsayle is, that durynge the tyme of that passion, eschewe to be angry, studyous, or solytarie, and reioyse the with melody, or els be al way in suche company, as beste may content the.

Auoyde all thynges that be noyous in syghte, smellyng, and herynge, and imbrace al thinge that is dilectable.

Flee darknes, moche watche, and busyneſſe of mynde, moche companieng with women, the vse of thinges very hote and drie: often purgations, immoderate exercise, thirst, moche abstinence, dry wyndes and colde.

Abstayne from dayly eatinge of moch olde bieke or olde mutton, harde chese, hare flesshe, boores flesche, venyson, saltfysche, colewortes, beanes, and peason, very course breadde, greatte fysches of the see, as thurlepole, porpyse, and sturgeon, & other of lyke natures, wyne redde and thycke, meates beinge very salte or sowre, olde, burned, or fried, garlyke, onyons, and lekes.

Use meates, whiche are temperately hotte, and therewith somewhat moyste, boyled rather than rosted, lyght of digestion, and ingendryng bloude clere and fine. As myl[k]e hot from the vdder, or at the leſt newe milked, ruen chese, sweete almondes, the yelkes of rere egges, litel bryddes of ỹ bussches, chyckens, & hennes. Wyne white or clarette, clere or fragraunte. Sweete sauours, in winter hot, in sommer colde, in the meane tyme temperate.

Con-

¶Confortatiues of the Harte hotte.

Burage, the floure or leafe.
Bugloſſe.
Baulme mynte.
Elycampane.
Cloues.
Cardamomum.
Roſemarye.
Lignum aloes.
Muſke.
Ambergriſe.
Saffron.
The bone of the harte of a redde dere.
Myntes.
The rynde of Cytron.
Been.
Cububes.
Baſyle.

¶Confortatiues of the Harte colde.

Violettes.
Perles.
Coralle.
The vnicornes horne.
Olde appulles whiche be good.
Roſes.
Saunders.
The olyphantes tothe.
water lyllies.
Coriander prepared.

¶Confortatiues temperate.

Iacincte.
Saphire.
Emerauldes.
Myrabolanes, callyd kebuli.
Bugloſſe.
Golde, fyluer.

¶Of Ioye.

Ioye or gladneſſe of harte dothe prolonge the lyfe, it fatteth the body that is leane with troubles, bringinge the humours to an equall temperance, and drawinge naturall heate outwarde. But if it be ſodayne and feruente, it oftentymes fleeth, for as moche as it draweth to ſodeynly and

exceſſiuely naturall heate outwarde. And therfore dyuers men and women haue ben ſene to falle in a ſounde, whan they haue ſodeynly beholden the perſones, whom they feruently loued.

Ti. Liuius. As a woman in Rome, herynge fyrſte, that her ſonne was ſlayne in battayle. After whan he cam to her, ſhe ſeinge hym a lyue, imbracynge eche other, ſhe dyed in his armes. This well conſydred agaynſt ſuche inordinate gladnes, the beſte preſeruatiue is to remember, that the extreme partes of mundayne ioye is ſorowe and heyneſſe: And that nothinge of this world, may ſo moche reioyce vs: but occaſion maye cauſe it to be diſpleſant vnto vs.

¶ *The domynion of ſundry complexions. Cap. 13.*

IT ſemeth to me not inconuenient, that I doo declare as well the counſayles of ancient and approued authors, as alſo myne owne opynion gathered by diligent marking in dayly experiẽce, concernynge as well the neceſſary diete of euerye complexion, age, and declination of helth, as alſo the meane to reſiſte diſcraſies of the body, before ſyckenes be therin confirmed, leaunge the reſidue vnto the ſubſtãciall lernyng and circumſpect practiſe of good phiſitions, whiche ſhall the more eaſily cure the pacientes, if their pacientes do not diſdayne to beare away and folowe my counſell.

And fyrſt it ought to be conſydred, that none of the foure complexions, haue ſooly ſuche dominion in one mans or womans body, that no parte of any

any other complexion is therwith myxt. For whā we call a man ſanguine, colerike, fleumatike, or melancolye, we do not meane, that he hath bloud only without any of the other humours, or coler without bloude, or fleume without bloude or melancoly, or melancoly without blod or coler. And therfore the man, whiche is ſangupne, the more that he draweth into age. wherby naturall moyſture decayeth, the more is he colerike, by reaſon that heate, ſurmountynge moyſture, nedes muſt remayne heate and drithe. ſemblably the colerike man, the more that he waxeth into aege, the more naturall heate in hym is abated, and drythe ſurmountynge naturall moyſture, he becometh melancolyke: but ſome ſangupne man hath in the proporcion of temperatures, a greatter myxture with coler, than an other hath. Likewiſe the colerike or fleumatike man with the humour of ſanguine or melancoly. And therfore late practiſers of phiſike are wont to call men, accordynge to the myxture of their complexions, whiche man receyueth in his generation, the humours, wherof the ſame complexions do conſyſt, beinge augmented ſuperfluouſly in the body or members by any of the ſayd thinges callid not natural. euery of them do ſemblably augment the complexion, whiche is proper vnto hym, and bryngeth vnequall temperature vnto the bodye. And for theſe cauſes, the ſanguine or fleumatike man or woman, felynge any diſcraſy by choler hapned to them by the ſayd thynges called not Naturalle, they ſhall vſe the

dyete diſcribed hereafter to hym, whyche is naturally colerike. Semblably the colerike or melancolyke man or woman, haupnge any diſcraſye by fleume, to vſe the diete of hym, which is naturally fleumatike, alway remembrynge, that ſanguyne and fleumaticke men haue more reſpecte vnto drithe, colerike and melancolyke vnto moiſture, and that alway as the accidētall complexiō decayeth, to reſort by lyttell and lytel to the diete, pertaynynge to his naturall complexion.

¶ *The tymes appropried to euery naturall humour. Cap. 14.*

BVt fyrſte it muſte be conſydered, that where the foure humours, be alway in manne, and in ſomme man commonly one humoure is more abou'ndant than an nother naturally, that is to ſaye, from his generation. The ſayde humours haue alſo peculyar tymes aſſygned to euery oone of theym, wherin eche of them is in his moſt power and force, as after enſueth, after the diſcriptio" of Sorano.

Soranus Epheſius.

¶ Fleume hath moſte puiſſance in wynter, from the. viii. Idus of Nouember, vnto the. viii. Idus of Februarye, whereby are ingendred Catarres or reumes, the vuula, the cough, and the ſtytche. This humour is part in the head, part in the ſtomake. It hath dominyon from the thyrde houre of nyghte, vntyll the nynthe houre of the ſame nyghte.

¶ Blouddе increaſeth in Spryngе tyme, frome the

the. viii. Idus of February, vnto the. viii. Idus of May, wherof are ingendred, feuers, and ſwete humours, whyche do ſhortely putrifye, the power of this humour is about the hart, and hath dominion from the. ix. houre of night, vntyll the thirde houre of the morynge.

¶ Redde choler hath power in ſommer from the viii. Idus of May, vntyll the. viii. Idus of Auguſt, whereby are ingendred hotte and ſharpe feuers, this humoure is ſpecially in the lyuer, and hath dominion from the thirde houre of day, vntyll the. ix. houre of the ſame day.

¶ Yelowe choler, wherof is ingendred the fleme of the ſtomake, is nourysched in Autumne, whyche begynneth the. viii. Idus of Auguſt, and dureth vnto the. viii. Idus of Nouember, and maketh ſhakynge feuers and ſharpe, the blacke choler than increaſeth, and than foloweth thycknesse of the bloude in the vaynes. Blacke choler or melancoly moſte raigneth in the ſplene, and it raigneth from the nynthe howre of daye, vntylle the thirde howre of nyght.

¶ *Peculyar remedyes againſt the diſtemperance of euerye humour.*

If the diſtemperance be of bloude, helpe it with thynges colde, ſharpe, and drye: for bloudde is moyſte, hotte, and ſwete. If it be of redde choler, gyue thynges cold, moyſt, and ſwete, for redde choler is better and fyry. If it be of blacke choler giue thynges hotte moyſt and ſwete, for blacke choler is ſharpe

Soranus in arte medendi.

ſharpe and colde. If the diſeaſe be of ſalt fleume, gyue thynges ſwete hot and dry,thus ſayth Soranus. Not withſtandynge where there is abundance of colde fleume not myxte with coler, there thinges very ſharpe and hote be mooſte conuenient, as tarte vyneger with hote rotes and ſedes, or wynes ſtronge and rough, hony beinge ſodden in the one and the other, or where choler is myxte with fleume, ſyrope acetoſe made with vyneger and ſugar boyled, ſometyme with herbes, rootes, or ſedes, which may diſſolue fleume and digeſt it.

¶Diete of them, whiche are of ſanguyne complexion. Cap. 15.

For almoche as in ſanguyne men bloud mooſte raigneth,whiche is ſoone corrupted, it ſhal be neceſſary for them, whiche are of that complexiõ, to be circumſpecte in eatynge meate that ſhortely wylle receyue putrifaction. as the more parte of fruites,ſpecially not being perfitly ripe, alſo meates that be of yll iuyce, as fleſhe of beaſtes to olde, or to ponge, vdders of beaſtes, brayne excepte of capons and chykens, marowe of the backe bone, moche vſe of onyons, lekes, garlyke, moche vſe of olde fygges, moche vſe of rawe herbes,and althynge, wherin is exceſſe of hete, colde, or moyſture, meates that be ſtale, fyſches of the fennes or muddye waters, and to moche ſlepe, as experyence ſheweth.

Diete

¶Dyete of cholerike perſons. Cap. 16.

TO them, whiche be cholerike, beinge in their naturall temperature, and hauinge not from their youth vſed the contrary, groſſe meates moderately taken, be more cõuenient, than the meates that be fyne, and better ſhall they dygeſte a piece of good biefe, than a chykens legge. Choler of his propertie rather burnynge than well digeſtynge meates of lyght ſubſtaunce, not withſtandynge ſome gentylmen, whiche be nycely brought vp in theyr infancy, may not ſo well ſuſteyne that diete as poore men, beinge the more parte vſed to groſſe meates. wherfore theyr diete muſte be in a temperance, as ponge biefe, olde beale, mutton, and venyſon powdred, ponge geeſe, and ſuche lyke, conſerupnge their complexion with meates lyke therevnto in qualitie and degree, accordinge to the counſaile of Hipocrates. And as he perceyueth choler to aboũde, ſo to interlace meates, whiche be cold in a moderate quantite, & to alay their wyne more or laſſe with water, eſchewynge hotte ſpices, hotte wines, and exceſſiue labour, wherby the bodye maye be moche chauffed. Alſo he maye eate oftener in the day, than any other: foreſene, that there be ſuche diſtance betwene his meales, as the meate before eaten be fully dygeſted. whyche in ſome perſon is more, in ſome laſſe, accordinge to the heate and ſtrength of his ſtomake, notynge alwaye, that the colerike perſone digeſteth more meate than his appetite deſireth, the melan-

colyke perſon deſyreth by falſe appetite more thā his ſtomacke may digeſt. And to a cholerike perſon, it is right dangerous, to vſe longe abſtinēce: for choler, fyndynge nothynge in the ſtomacke to concocte, it fareth than, as where a lytell potage or mylke, beinge in a veſſell ouer a great fire, it is burned to the veſſell, and vnſauery fumes & vapours do iſſue out therof. Likewiſe in a cholerike ſtomake, by abſtinence, theſe inconueniences do happen, humours aduſt, conſumynge of natural moyſture, fumoſities and ſtynkynge vapours, aſcendynge vp to the head, wherof is ingendred, duſkynge of the eyes, head aches, hotte and thyn reumes, after euery littel ſurfete, and many other inconueniences. Wherfore beſyde the opynion of beſt lerned men, myne own peynful experience alſo moueth me, to exhorte them, whiche be of this complexion, to eſchewe moche abſtynence. And althoughe they be ſtudyous, and vſe lyttell exerciſe, yet in the morynge, to eate ſomewhat in littell quantitie, and not to ſtudy immediatly, but fyrſt to ſytte a whyle, and after to ſtand or walke ſoftely, whiche vſynge theſe two yeres, I and alſo other, that haue longe knowen me, haue perceyued in my body a greate alteration, that is to ſay, from yll aſtate to better. Alway remember, that if any other humour do abound in the cholerike perſon, as fleume, or melancoly, than vntill that humour be expelled, the diete muſte be correctiue of that humour, and therfore more hote and fine, than the naturall diete before reherſed: but

yet

pet there wolde be alwaye reſpecte had to the naturall complexion, ſometyme ſufferynge the perſon to eate or drynke that, which nature worketh feruently deſireth.

¶Dyete of fleumatike perſones. Cap. 17.

IT is to be remembred, that pure fleume is properly cold and moyſte, and lacketh taſt. Salte fleume is myxte with choler, and therfore hathe not in hym ſo moche colde nor humiditie, as pure fleume hath: & therfore it requyreth a temperance in thinges hot & dry, wherby fleume is dygeſted or expulſed. To fleumatike perſons al meates ar nopfull, which are very cold, viſcous or ſlymy, fat or ſone putrified, eating moch and often, ſpecially meates ingendringe fleume, whiche be remembred in the table precedynge. All thynges be good whiche are hotte and dre, alſo meates and drynkes whyche be ſowre: onyons alſo, and garlyke, moderatelye vſed, be very commendable, in pure fleume not myxte with choler, moche vſynge of ſalt, ſpecially dried. Pepper groſſe beaten and eaten with meate, ought to be with all fleumatycke perſons famplyar, alſo gynger is ryghte conuenient, but not to be ſo frequently vſed as pepper, for as moche as the nature of pepper is, that beinge eaten, it paſſeth throughe the bodye, heatyng and comfortinge the ſtomake, not entrynge into the vaynes, or annoyenge the lyuer, whiche vertue is not in gynger. Gynger condyte, the whiche we do call grene Gynger, ſpecially candyd with

Sugar, if it may be goten, and alſo Myrobalanes, called kebuli, condite in India, be moſt excellente remedyes agaynſt fleume. alſo the herbes, which are remembred afore in the table of digeſtiues of fleme, and the rootes of perſely, fenell, pyreos, Elycampane, and carettes be very commendable. Exerciſe twiſe in the day, the ſtomake beinge almoſt empty, ſo that ſweate begynne to appere, is very expedient, clenſinge of the body from al filthyneſſe, with rubbynge and wypinge, oftentymes with waſhinge, ſpecially the head and partis therabout, moderate ſweatynge in hot bathes or ſtufes be to this complexion neceſſary, ſpecially whan they haue eaten or dronken exceſſyuely. The head and fete to be kept from cold, & to dwel hygh and far from mores and marſhes, is a rule right neceſſary. alſo to abſteyne from eatinge herbes and rotes not boyled, and generally from all meates, whiche wyll not be eaſyly dygeſted.

¶ *The diuiſion of melancoly, and the diete of perſons melancolike.* Cap. 18.

MElancolye is of two ſortes, the one is called naturall, whiche is onelye colde and drye. the other is callyd aduſte or burned. Naturall melancolye is (as Galene ſaythe) the reſydence or dregges of the bloud: and therfore is colder and thycker than the bloude. Melancoly aduſte is in foure kyndes, eyther it is of naturall melancoly aduſte, or of the more pure parte of the bloudde aduſte, or of choler aduſt, or of ſalt fleume aduſt.

But

But of all other that melancoly is warſt, whiche is ingendred of choler: fynally all aduſte melancoly annoyeth the wytte and iudgement of man. for whan that humour is hotte, it maketh menne madde, and whan it is extincte, it maketh menne fooles, forgetfull, and dulle. The natural melancoly kepte in his temperance, profyteth moche to true iugement of the wyt, but yet if it be to thicke, it darkeneth the ſpirites, maketh one timorous, and the wytte dulle. If it be myxte with fleume, it mortifieth the bloude with to moche cold. Wherfore it may not be ſo littell, that the bloud and ſpirites in their feruentnes, be as it were vnbridlyd, wherof do happen vnſtableneſſe of witte and ſlipper remembraunce: nor yet ſo moche, that by the weight therof (for it is heuy, approchynge nyghe to the erthe) that we ſeme to be alwaye in ſleape, and nede a ſpurre to prycke vs forwarde. Wherfore it is tyght expediente, to kepe that humoure as thyn as nature wyll ſuffer it, and not to haue to moche of it. But nowe to the diete pertaynyng to them, whom this humor anoyeth. The knowledge, that melancoly reigneth, is oftentimes heuyneſſe of mynde, or feare without cauſe, ſleppyneſſe in the members, many crampes without repletion or emtyneſſe, ſodayn fury, ſodayn incontinencie of the tongue, moche ſolicitude of lyght thynges, with paleneſſe of the byſage, and fearefull dreames of terrible byſyons, dreamynge of darkenes, depe pyttes, or deathe of frendes or acqueyntance, and of all thinge that is blacke. The

Ex Marcilio ficino. de uita ſana.

meates conuenient are they, whiche be temperate in heate, but specially they that be moyst: meates sone digested, and they rather boyled than rosted, temperately myxte with spices, mylke hotte from the vdder, or late mylked, is very conuenient for that complexion, swete almondes blaunched, and almonde mylke, the yelkes of rere egges, and fynally all thynges, whiche ingender pure bloude, and all that is wryten in the chapiter of age. All these be yll for them, wyne thycke or troublouse, specially redde wyne, meates harde, dry, very salt, or sowre, bourned meate, fried meate, moche brefe, hares flesche, beanes, roket, colewortes, mustard, radysche, garlyke, excepte there be moche wynde in the body, for than is it very holsome, onyons, lekes, fynally all thynges, whyche heateth to moche, keleth to moch, or drieth to moche, also wrath, feare, compassion, sorow, moche study or care, moche ydelnesse or reste: all thynge that is greuouse to see, to smell, or to here, but most specially darknesse. Moreouer moche drienge of the body, eyther with longe watche, or with moche care and tossynge of the mynde, or with moche lecherye, or moche eatynge and drynkynge of thynges that be hotte and dry, or with immoderate euacuation, labour, abstinence, thyrst, going in the aire vntemperately hotte, colde, or drie, all these thinges do anoye them that be greued with any melancolye. It is to be diligentely consydered, that where melancolye happeneth of choler aduste, there meates, whyche be hotte in wastynge,

wold

wolde be wyſelye tempered, and dꝛynkynge of hotte wynes wolde be eſchewed: ſemblable cautele wolde be in ſauoures. Not withſtandynge moderate vſe of ſmall wynes, clere, and well vertured, is herein very commendable, the humour therby beinge clarified, and the ſpirites clenſed, but the abuſe oꝛ exceſſe therof doth as moche damage. Alſoo it is ryghte expedient, to putte into wyne oꝛ ale, a gadde of ſyluer oꝛ golde, glowinge hotte oute of the fyꝛe, to temper hotte meates with roſes, Vyolettes, Saunders, Roſe water, bourage, Bugloſſe, baulme callyd in latyne Melyſſe, oꝛ the water of all thꝛe dꝛunken with good wyne, whyte, oꝛ clarette, oꝛ made in a Julep with ſugar, is wonderfull holſome, chewynge of lykoꝛiſe, oꝛ raiſons of coꝛaunce is ryght expedyente: but mooſte of all other thynges, mꝛythe, good companye, gladneſſe, moderate exercyſe, with moderate feedynge. And thus I leaue to ſpeake of dyetes aptely belongynge to the foure complexions.

The

What cruditie is, and remedies therefore. Capitulo .1.



VVYL SOMEVVHAT wrytte of two diſcraſyes of the body, whyche doo happen by the exceſſe or lacke of thynges callyd not naturall, wherof I haue ſpoken before. The one is callyd cruditie, ỹ other laſſitude, whyche althoughe they be wordes made of latyne, haupnge none apte englyſhe worde therefore, yet by the deſcryptions and more ample declaration of them, they ſhall be vnderſtande ſuffycyentely, and from henſeforthe vſed for englyſſhe. But fyrſte it ſhall be neceſſarye, to conſyder, that concoction is an alteration in the ſtomacke of meates and drynkes, accordynge to their qualities, wherby they are made lyke to the ſubſtance of the body. Cruditie is a vycious concoction of thynges receyued, they not beinge holly or perfitely altered. The cauſe therof is, ſometyme the diſtemperature of the ſtomake, ſomtyme inflammations, ſomtyme matter congeled, or impoſtumes in the ſtomache, otherwhile ingurgitation of meate and drynke: or for the vycious qualitie of the ſame meates or drinkes, or the receyuynge therof out of order, or lacke of exercyſe, or of conuenient euacuation. Galene ſayth, that in crudity or vicious concoction it muſt be conſidred,

Concoctiõ what it is.

Crudyty what it is.

The cauſe of crudity.

Galen de uen. ſani. li. 4.

as well if the iuyce be vtterly corrupted, and may not be ſufficiently concocte, as alſo if it be in the way of concoction, for if it be corrupted, it muſt be expelled by ſweate or vryne, if it be halfe concocte, than muſt ſuche thynges be mynyſtred as maye helpe to profite concoction, haupnge regarde to the quality and temperaunce of the iuyce, that is to ſaye, whether it be thycke or thynne, fleumatyke or cholerike: whyche ſhall be percepued by the diet precedyng, and alſo by other thinges named not Natural, for fleumatike meates eaten in great quantity or often, maketh fleumatike iuice. Lykewyſe dothe lacke of conuenyent exerciſe, to moche reſt or ydelneſſe: as cholerike meates and vehemēt labours do make colerike iuyce in ſomer and melancolike iuice in Autume, ſpecially where labours be contynuall or longe durynge. Alſoo where labour is with moch ſweate, there is the vryne more groſſe: where it is without ſweat, there is it thynner. Moreouer the colour and ſubſtance of the vrine, declareth the temperance of the iuice, whiche ſhall be hereafter declared in the table of vrynes. Semblably the colour of the body declarith the iuyce that is in it, for beinge whiter than it was wont to be, it ſygnifieth aboundaunce of fleume: beinge more pale or yelow, it betokeneth exceſſe of coler: if it be blacker, it ſygnifieth melancolye, if the yll iuyce be moch in quantity and the bloudde lyttell, the yll iuyce wolde be digeſted and expelled with ſuche thynges as doo ſerue for that temperature: but if the bloude be moche.

and the yll iuyce lytell in quantity, there wold the vayne be opened, and after ſufficient bledynge, a conuenyent purgation gyuen, haunge regarde aſwel of the quantitie of the iuyce, as of the kinde therof, in caſe that either for age or for timorouſeneſſe, a man wyll not be lette bloude, than muſte he be purged by ſiege in more abundance: But if he in whome is lyttell good bloude, and moche yll iuyce, and feeleth a laſſitude or werynneſſe in all his body, he ſhulde neither be lette bloude, nor receyue purgation, nor yet labour or walke moche: but abyde in moch quyete, & aſſay to ſleape moche and receyue ſuch meates drynkes and medicines, whiche doth attenuate or make thynne, cutte, and digeſt groſſe humours without vehement heate. wherof it is writen in the table of digeſtyues: in the nu.mber of whome is oximell, being wel made, or *Aceroſus ſymplex*, where the iuyce is moche choletike or melancolike. Semblably capers with oyle and vyneger be prayſyd of Galene. Whan there apperith in the vryne a reſidence light and white, thai. wyne white or clarette moderately taken helpeth to concoction, maketh good iuyce, and prouoketh vryne: than increaſe fricacions and exerciſe by litel & litel, and than let him retourn to his naturall dyete. In wh~me is abundaunce of raw iuyce, and outwardly feeleth a laſſitude, to them Galen ſu. lib. 6. Galene counſayleth, the ſeconde or thirde daye, to giue Weathe, wherin Iſſope is boyled, and afterward to vomite. The meane to eſcape cruditie, is to be diligente in obſeruation, of the councels

before

before wrytten, concernynge the thynges called not naturall, not moche vsynge meates that be very harde to concocte, also fatte meate and meates longe kept, also corrupted or stynkynge, swete fruites, and bankettynge dyshes, hasty fedynge without good chewynge, also moche or very ofte drynkynge at meales, very moche heate, or very moche colde after meate.

¶ Furthermore it must be consydered, that all thynges whiche bryngeth grieke to the body, is ingendred eyther of to moche abundance of iuyce, or of the vycious quality therof. He that is sycke of abundance, the dyete of hym holy consisteth, in reducinge the iuyce to a conuenyent quantytie. He that is greued with the vicious qualytie of the iuyces, his order resteth in makynge the iuyces equall in temperature. Moreouer where that which passeth out of the body, is lesse than that which is receyued in to the body, there hapneth syckenesse, whiche commeth of abundance. In the which case it ought to be diligently foreseene, that there be obserued a conuenient meane of meates and drynkes, in respect of that which is expelled out of the body, whiche may be done if the quantity of eche of them be wisely consydered. And where aboundance is, there the quantitie or qualytie, or both be tempred. Allway remember, that of crude iuyce be dyuers kyndes, some be colde and fleumatike, some be hotte and cholerike, other be more thynne and watty, some of blacke coler or melancholyke. They whiche do abounde in any of them, muste

abſteyne from ſuche meates and dr̃ynkes, whiche do ingender ſuche iuyce as dothe annoye theym: thoſe meates and dr̃ynkes be declared in tables
Aeti⁹ ſermone. 9. p̃ceding. Aetius alſo wold, that he ſhuld dr̃inke a dr̃aughte of cold water, affirmynge, that therby the ſtomake being cor̃roborate, dr̃iueth out of him downe into the bely, that which cleaueth faſt to it. I my ſelf vſinge to dr̃ink faſting, very ſmal biere or ale, whan I haue ben in that caſe, haue found
Paul. Egi. lib. 1. eaſe by it. Paulus Aegineta wylleth, that at the begynnynge, the legges and armes ſhoulde be rubbed with a courſe lynnen clothe, the legges downewarde to the fete, the armes to the toppes of the fyngers, and whan they be wel chafed, thã to rubbe them agayne with ſome oyle, that dothe open the poores, and dyſcuſſe the vapours, as oyle of̃ camomyll, oyle of anete, and other lyke, he p̃ayſeth moche Mulſe, or the water of honye, ſpecially yf ſome Iſope be boyled in it. Galene, & all other, do agre, that in this caſe Pepper b̃uyſed and eaten with meate, is very expedient: And whe̅re there is moche wynde in the ſtomake, than to eate all tymes of the day of the medycine made of the thre kindes of pepper, tyme, anyſe ſede, and hony clarified, whiche is called Diatrion piperecon, or that which is cal'ed Diaſpoliticon, or Di-
Galen⁹ de tuenda ſa ni. lib. 5. apiganon, whiche is made of cummyne, ſtieped one daye and a nyght, or lenger in tarte vyneger and after fryed or layde on a burninge hot ſtone, and made in powlder, alſo pepper, and rewe dr̃yed ſomewhat, and made into powlder, all in equall

por-

poꝛcions, and myxt with clarified hony. Galene addeth therto ſalte peter, called in latyn Nitrum. The confection made with the iuyce of quynces, and is called Diacytoniten, is very excellent, but it is to be diligently noted, that where cruditie is in a cholerike perſonne, there wolde the ſayde medicines be temperatly vſed, and the ſayde Diacytoniten, to haue lyttell oꝛ no ſpices in it. And foꝛ my parte, beinge of a cholerike humour myxte with fleume, many yeres continually in cruditie, I ſneuer found any thinge better than fyne Reubarbe, chewed with raiſons of coꝛens, whiche I toke by the counſayle of the woꝛſhyppfull and well lerned phiſition, maiſter Doctour Auguſtine, who in his maners declareth the gentylneſſe of his auncient bloudde, whyche medicyne I do not leaue to vſe dayely faſtynge, whan I fele ſuche cruditie to begynne. Alſo ſyrope acetoſe, that is to ſay, ſugar ſodden in pure vyneger, and lyttell water, vntyll it be thycke as a ſyrope, is ſometyme conuenyent, and that as well to cholerike perſonnes, as vnto fleumatycke: and yf fleume be aboundant, than with rootes and ſedes of fenelle and perſely ſodden with it. Alſo in that caſe Oxymel, that is to ſaye, hony and water ſodden togyther, with the ſayde rootes and ſedes, and a quantitie of vyneger put therto in the boylynge, is very commendable, yf the pacient be very coſtiue, than the medicine of Galene, called Hierapicra, frome halfe an ounce to an ounce, taken in water of hony oꝛ ale, oꝛ taken in pylles the weyght of a grote

and a halfe, or two grotes, yf the ſtuffe be good. wyll purge the bodye ſufficyently, without makynge the body weaker. Alſo that medicyne by clenſinge the ſtomake and body, deliuereth a man and woman, frome many perylous ſyckeneſſes. If the humours in the ſtomake be not putrified, but that it is greued with aboundaunce of ſalte fleume, I haue founde that mylke newe mylked. wherin is put a quantitie of good hony or ſuger, and three leaues of good ſpeare myntes, and a lyttell boyled, ſo beynge dronke warme faſtynge, the quantitie of a pynte, and reſtynge on it, without eatynge or drinkynge any other thynge the ſpace of thre houres after, haue abundantly purged and comforted the ſtomake, but where there is no fleume, but only choler, it is not ſo holſome, but rather hurteth, making fumoſities in the hed, wherof commeth head ache.

¶ *Of deſtillations called commonly* Rewmes, *and of ſome remedies agaynſt them ryght neceſſary.* Cap. 2.

For as moche as at this preſent tyme in this realme of England, there is not any one more annoyaunce to the helth of mans body, than deſtillacions from the head alled rewmes, I wyll not let to write ſomewhat of them, wherby men may take benefite, if they wyll: although ſome phiſitions, more conſydering their market than their dutye to God and their countrey, wyll be neuer ſo moch offended with myne honeſt enterpriſe.

Deſtillati-

¶ Deſtyllation is a droppynge downe of a lyquyde mater out of the head, and fallynge eyther in to the mouth, or in to the noſethrilles, or in to the eyes, and ſometime into the chekes and eares. that whiche falleth in to the mouthe, is receyued of the throte in to that parte whiche is the inſtrument of the voice, which at the firſt maketh horſeneſſe, and in proceſſe of tyme maketh the voice littell, and vneth to be harde. And if the reume be ſharpe, it raſith the inner ſkyn of the throte, and ſometime it doth exulcerate the lunges. If it doth fall into the ſtomake, the rewme beinge colde, it altereth the body in to a cold diſtemperance, if it be hot it maketh a hot diſtemperature, and dothe ſometyme exulcerate in proceſſe of tyme: And at the begynnynge abateth appetite, and maketh feble concoction. The cold reume, maketh concoction ſlowe, and alſo crudytie, and ingendreth ſowre fumes in the mouthe If it be corrupted, it tourneth alſo nourichment vnto corruption, whiche maketh vnbradinges fumiſhe or ſharp, or of ſomyll qualitie, whiche can not be expreſſed. If the mater do diſcende lower, it tormenteth the guttes called *Ieiunum, and colon*, and toucheth other veſſelles, from whenſe procedeth digeſtion. In this diſcracy two thynges are to be prouyded for, fyrſt to lette that the reume do not deſtyll in to the ſayde places, or if it hath done, that it be ſhortly expelled from thenſe. Fyrſt to lette that it ſhall not deſtyll, it ſhal be neceſſary to eate ſome meate the ſoner in the morning, if there hath not preceded repletion.

Where

¶ Where the temperature of all the body is colerike, and the stomake is weake, the stomake wold be made stronge with suche thynges as of theyr property do comfort the stomake: forseene that they be moderately cold and moist: And that whiche is all redy fallen into the stomake, must be expelled with vompt or lege, prouoked with worm wode stepid all one day and a nyght in a lyttell small white wyne, or small ale and stale, whiche hath vertue onely to wype away the filthe from the stomake, but if it be souked depe in to the filth of the stomake, than is it better to take the medycyne called Hierapicra, either in poulder with drink warmyd, or els in pylles, to the number of fyue or mo in the morninge. vi. houres before any other meate or drinke taken: afterwarde to noynt the mouthe of the stomacke with oyle of Mastyke or Nardinum temperately warme. Alway if a hotte reume do fall in to a hotte stomake, than meates and drynkes whiche be colde in vertue wold only be vsed. where the stomacke is distempred with heat, and the reume destilleth into a cold, hed there is the discracy harde to be cured: And they which be so affecte, or diseased, must take suche thynges as may dissolue the fleume and clense the stomak without heatinge therof, of the whiche vertue we knowe oxymell to be of.

¶ If the stomake and head be bothe distempred with cold, than must be vsed meates drinkes and oyntmentes, whiche onely be hotte, and vtterly to forbeare all that is colde.

By

¶By theſe deſtillatiõs or reumes happneth many other greuouſe diſeaſes, beſydes thoſe wherof I haue ſpoke, as in the hed whyrlinges, called in latyn *Vertigines*, ſodayne ſoundynges, fallynge ſyckneſſe, poſis, ſtynkynge of the noſe, callyd *Polypus*, ſores in the mouthe, tothe ache, ppnne and webe in the eyes, dulneſſe of herynge, quynces, frettinge of the bowelles with flixes, ſhortneſſe of brethe, grieſe in the harte, palſeyes, ache in the muſcules and ioyntes, wherfore it is not to be neglected. And I doo moche meruayle, that our phiſitions do not more ſtudyouſely prouyde therfore remedies. I my ſelfe was by the ſpace of foure yeres continually in this diſcraſy, and was counſayled by dyuers phiſitions, to kepe my hed warme, and to vſe *Diatrion piperion*, & ſuch other hot thinges as I haue reherſed, at the laſt felynge my ſelfe very feeble, and lackinge appetite and ſlepe, as I happned to reade the boke of Galene *De temperamentis*, whiche treatith *De inæquali temperatura*, and afterwarde the. vi. boke, *De tuenda ſanitate*, I percepued that I had ben longe in an errour. wherfore firſt I dyd throwe away my quylted cappe, and my other cloſe bonettes, and onely dyd lye in a thynne coyfe, whiche I haue euer ſens vſed both wynter and ſomer, and ware a light bonet of veluet only, than made I oxymel after the doctrine of Galen, ſaynge that I boyled in the vyneger rootes of perſely and fenell, with endyue, cichory and, betayne, and after that I hadde taken it thre dayes continually, euery day thre ſponesful in the mor-

nynge warme: than toke I of the ſame oxymell, wherin I had infuſed or ſteapid one dramme of Agaryke, and halfe a dramme of fyne Reubarbe, the ſpace of.iii. dayes and.iii.nyghtes, whyche I receyued in the mornynge, eatynge noo meate vi.houres after, and that but a lyttell brothe of a boyled henne, wherof enſuyd. viii. ſtoles abundant of choler and fleume: ſoone after I ſlepte ſoundly, and had good appetite to eate, after ſupper I wolde eyther eate a fewe colyander ſedes prepared or ſwalowe downe a litel fyne maſtyk, & forbeare wyne, and dranke only ale, and that but lytell and ſtale, and alſo warmed. And ſometyme in the mornynge woulde take a perfume of *Storax calamita*, and now and than I wolde put in to my noſethrilles eyther a leafe of grene laurell or betaine or water of maiorame bruiſed, which cauſed the humour to diſtill by my noſethrilles. And if I lacked ſtorax, I toke for a perfume the ryndes of olde roſemary and burned them, and held my mouth ouer the fume cloſynge myne eyes, afterwarde to comfort my ſtomake and make it ſtrong ſometyme I wold eate with my meat a litel white pepper groſſe bruyſed, ſometyme Galens electuary made of the iuice of quinces, called *Diacytonites*, ſomtyme marmalade of quynces, or a quynce roſted. And by this diete I thanke almighty god vnto whome onely be gyuen all glory, I was reduced to a better ſtate in my ſtomacke and head, than I was.xvi.yeres before, as it maye appere vnto them, whiche haue longe knowen me. And

this

this haue I not wꝛitten foꝛ vayngloꝛye oꝛ of pꝛe-
ſumption, but to the intent that they whiche haue
their bodies in lyke temperature as myne was,
that is to ſaye, beynge cholerike of complexion,
and haupnge reumes fallynge out of a hote head,
may if they liſte aſſay myne experience. oꝛ in the
ſtede of my ſayd infuſion, take *Hierapicra*, with ale
oꝛ water to purge them, wherof ſhall not enſue ſo
moche perile, as of coꝛrupted ſiropes, & other con-
fections called *Magiſtrales*, made with olde rotten
dꝛugges, though the phiſitions be neuer ſo well
lerned. In bodyes of other temperature, I wold
not that myne experience ſhulde be pꝛactiſed but
with diſcretion, tempꝛynge the medicyne, as the
qualities of the ſtomake and head do requyꝛe, re-
membꝛinge alway, that hote reumes by thyn and
ſubtell, colde reumes be foꝛ the moꝛe parte thicke.
Alſo that they which be thyn wold be made thike,
that they perce not to faſt. And that they whiche
be thycke, wolde be made thynne that they maye
the ſooner be purged. by what tokens one maye
knowe whether the ſtomake and head be hote oꝛ
cold. Finally this dare I affirme, that the reumes
which of late time haue ben moꝛe frequent in this
realm, than they were wont to be. xl. yeres paſſed,
haue hapned of none occaſion moꝛe than of ban-
kettinges after ſouper & dꝛinking moch, ſpecially
wyne a lyttell afoꝛe ſlepe. In other thinge is the
kepyng the head to hote oꝛ to long couered wher-
by the bꝛayne whiche is naturally cold is diſtem-
pꝛed with hote vapours aſcendynge from the ſto-

make thoſe ſame vapours beinge lette to euapo=rate or paſſe forth out of the head, and therfore be concrete or gathered into humour ſuperfluouſe, whiche ſtilleth downe eftſones out of the head in to the places before reherſed. Yet now a dayes if a boye of .vii. yeres age, or a ponge man of .xx. yeres haue not two cappes on his hed, he and his fren=des wil thynke that he may not continue in helth. And yet if the inner cappe be not of veluet or ſa=tyn, a ſeruinge man feareth to loſe his credence. A perſone vicare or pariſhe preſte, by vſynge their veluet cappes embrowdred with laces, do make ſome men thynke that they be aſhamyd of theyr crounes that reuerend toke of the order of preeſt=hode, the whiche notable abuſe, I moch meruayle that the byſhoppes wyl ſuffer, ſpecially they whi=che haue hadde leaſour to reade the warkes of ſaynt Cyprian, ſaynt Hierome, Chriſoſtomus, ſaynt Ambroſe, & ſundry decrees made by the olde fathers, cõcerninge the honeſt veſture of preeſtes, whiche although it ſeme a lyght matter to ſome men, yet it augmenteth or miniſheth not a lytel in preeſtes, the eſtimation of their conditions. Salo mon confirming the ſame, ſaying. The garmẽt, ỹ gate, and lawghter of a mã declareth what he is, but this mater wil I leue to a nother place where I intend to ſpeake more abundantly of it, if it be not the ſooner amended. Nowe to conclude, as longe as the ſayde occaſions continue, ſo longe men ſhall not be without reumes, although they were all perfite phiſitions.

Nowe

¶ Now to retourne to the remedies agaynſt the ſayde anoyaunce wherof happneth ſo many great ſycknelles, I wyll be bolde to wꝛite a lytell out of the warkes of the moſte famouſe and expert phiſitions. Fyꝛſt the cauſe of the reume muſt be digeſted, after expulſed, thirdly diuerted, that is to ſay, tourned from the eyen. oꝛ thꝛote, into the noſe from whēce it may be moꝛe eaſily purged, fourthly it may be ſtopped, that it ſhall not deſtyll. In hote deſtillations the head is very hot in felinge, the reume being in the mouth is thyn and warme, the tongue oꝛ chekes within bliſtered, the face ſom tyme redder than it is accuſtomed to be, ſomtyme a burninge within the noſe. ¶ To them which haue this hote rewme, may be gyuen the ſede of white popy. Diacodion made of the heddes of white popy and rayne water. Amylum with mylke, if there be no feuer, pendees, malowes, oꝛage, gourdes, and ſpinage, boyled and eaten with oyle of almondes, ſirope of violettes, nemiphar oꝛ the wine of ſwete pomegarnates, the waters of a great Cucumber, boyled with a lyttell ſugar, beinge dꝛunke, dothe mitigate coler, ſtoppeth the reume, and eaſily louſith the belly, the ſedes of melons bꝛayed in a moꝛter with water, and ſtrained with ſofte bꝛeade haupnge ſugar put to it, maketh an excellent good meate agaynſt the hot reumes, playſters made of barly bꝛuyſed, violettes, popy, and camomyl boyled in water, wherin ſpounges oꝛ linen clothes beinge dept, ſhulde be layd on ꝑ hed, & the genitoꝛes oꝛ legges therwith waſhed. If the ſick mā can not

ſleape, than the ſayde partes with the bealy and fundement ſhall be noynted withe the oyles of violets and Aemiphar, the ſauour of Camphar in roſewater with vyollettes is good in that caſe. Galen exhorteth and I haue proued, that in a very hote reume whiche hath ſtilled faſte, the powrynge of cold water in vpon ones head hath ſtinted the reume. He that is therin diſeaſed muſt erchewe goinge in the ſonne, or to come nigh a gret fyre, or to ſtande or be longe couered, or to were moche on his hed, he muſt reſt moch and prouoke him ſelfe to ſlepe a nyght, but not very longe and to lye on the one ſyde on a harde bedde, haupnge his head hygh, alſo rubbynge of his legges before meale is very holſome. Cold reumes be perceiued by coldneſſe of the humour and head with paleneſſe of the vyſage, all colde thynges increaſinge the rewme. Theſe thinges are good againſt it, the decoction of cicer with honye and rayſons, fylberd nuttes toſted eaten after meales, nothing is more holſome than abſtinence, ſpecially in the euenynge, they whiche haue it muſt beware of Northern windes, the moneſhine by nyght, waſhinge in cold water, and to be long bareheded. The ſedes of Nigella a lyttell toſted and putte in to a ppece of thynne ſarcenet and ſmelled vnto, ſtoppeth the reumes.

¶ Neeſynge in the begynnynge of the reume is diſpraiſed of Galen, but after that the matter is dygeſted it is very holſome that maye be made with leaues of laure' or betayne put into the noſe thrilles

thzilles, the iuyce of colewoztes, the rootes of red beetes, water of Maiozame. A pzety medycine foz that purpoſe pzoued. The iuyce of ponge betes and Maiozame of euerichone ounce, good whit wyne. iiii. ounces, ſaffrone the weight of. ii. pence, that beinge hette and taken in the mouth, ſhalbe dzawen vp with bzeth to the place wherby the deſtillation falleth out of the noſe in to the mouthe. And if the reume do deſtill in to the cheekes and teeth, I haue pzoued that the iuice of ground iuy, and that herbe whiche we call Mouſe eare, taken within a quyll in to the noſethzilles, oftentymes purgeth excedingely the reume and taketh away the ache of the teethe.

¶ Gargariſing if it be not diſcretly vſed, may do moze harme than good, bzynge downe moche abundaunce of mater vndigeſted, but taken in ozder with water hony and pepper, oz with Iſſope and fygges boyled in white wyne, and taken very hote in a gargariſe is right conuenient.

¶ Foz compaſſion which I haue of them that be vexed with toothe ache cauſed of reumes, I wyll by the leaue of phiſitions conclude this chapiter with an excellēt medicine againſt the ſaid paſſion, whiche is wzitten of an honozable phiſition of late peres, which medicine alſo maketh teethe faſt whiche be louſe, and alſo ſtoppeth the ſuperfluouſe bledinge of goumes, wherwith the bzeth is made vnſauery: Take the rindes of Caper rotes, ỹ rotes of bzembles whiche do beare blacke berpes, the

floures

floures of pomegranates callyd *Balaustia*, of euery of theym, the weyght of .ii. ducates, pelytory of Spayn one ducate, sede of white henbane, the rindes of mandrage of euery of the one ducate and a half, spourge of the garden one handful, alume of the roke, ii. ducates, boyle all this in whit wine or clarette, which is very rowgh in tast, & strayne it therwith, let the pacient oftentymes washe his mouthe. Albeit I will counsayle them which will take this medicine or any other, fyrste to pourge ỹ cause of ỹ reume as before is rehersed, or in any otherwyse, as they shal be counsayled by well lerned and discrete phisitions.

¶ Of *Lassitude*. Cap 3.

LAssitude is a disposition towarde syckenesse, wherin a man feleth a soorenesse, a swellinge or an inflammation. Sorenesse happeneth of humours sharpe and gnawing, as after great exercise and labours, whyche lassitude happeneth to them, whose bodies are full of yll iuyce and excrementes. Also after cruditie in them, which are not exercised, or doo abyde longe in the heate of the sonne. It may also be in the body, wherin is good iuyce, if he be fatigate with immoderate exercise.

Aeti°. li. 3.

Galen° de tuenda sani. lib. 5.

In them, whiche do fele this lassitude, the skinne appereth thicke and rough, & there is felt a greke somtyme in the skynne onely, somtyme also in the flesshe, as it were of a soore. The cure therof, is by moche and pleasant rubbinge, with sweete oyles, whiche haue not the vertue to restrayne or close

cloſe, and that with many handes, and afterward to exercise moderately, and to be bayned in water ſwete and temperate in heate. alſo than muſte be gyuen meates of good iuyce, potage but ſelde, wyne is not to be forboden. for vnto wyne vneth any thynge may be compared. that ſo well dygeſteth crude humours. it alſo prouoketh ſweatte & vrine, and maketh one to ſlepe ſoūdly. but if this laſſitude do abyde the nyght and day folowinge, or wareth more and more, than if the paciente be of good ſtrength and ponge, and hath abundance of bloude, let hym be let bloud, or prouoke the hemorroides or piles to blede, if they do appere. But yf it procede of the malyce of any humour, without abundance of bloud, than reſort to purgatiōs apte for the humour that greeueth. The tokens wherof, ſhall appere as well by the colour of the ſkynne and diete precedynge, as by vrine, ordure, ſweatte, thirſte, and appetite, as it is reherſed before in the complexions. If the yll bloudde be lytell in quantitie, and the crude humours aboundant, than ſhal he not be let bloud, nor vehemently pourged, nepther ſhall exercyſe or moue hym ſelf, nor be bayned. for all exerciſe carieth humors throughout al the body, and ſtoppith the powers. Wherfore theſe maner of perſons ſhulde be kept in reſt, and ſuche meates vyandes and medicines ſhuld be gyuen to them, whiche ſhulde attenuate or diſſolue the groſſenes of the humors, without notable heate, as oxymell, barley water, & mulſe. if the pacient abhorre not hony. And for as moch

as in the ſayde perſonnes, commonly there is abundance of wynde about their ſtomackes. therfore pepper, ſpecyallye longe pepper, or whyte, is very conuenient to be vſed, and the medicine before writen, called Diaſpoliticum. Whan the humors are diſſolued, thā is it good to drynke white wine, or ſmall clarette wyne moderately.

¶ *Laßitude extenſiue. Cap. 4.*

VVhan one thynketh that he doth fele a ſwellynge or bollynge of the bodye, wher in dede there dothe not appere in ſyght or touchynge any ſwellynge, that is callyd Laſſitude extenſiue, if it happeth without exerciſe or vehement mouynge. This doth happen of exceſſiue multitude of humors, which do extende the muſcules or fyllettes. In this no ſorenes is felt, but onely an heuyneſſe with extention or thruſtinge out of the body. And bycauſe that there is abundance of bloude in the body, beſt remedy is to be letten bloude about the elbowe or ancle, after to be purged, than to vſe ſoft frycaſyes with oyles afore reherſed, afterward moche reſt and temperate bathes, and meates lackyng ſharpnes, and being abſterſiue.

¶ *Laßitude with the feelynge of inflammation. Capitulo. 5.*

IF without any mouynge, the muſcules and fleſhe riſe vp in the bodye, as it ſwelled, with great peynes and excedinge heate, than ſone after foloweth moſt hotteſt feuers, except it be preuen-

ted

ted by letting of blud, and that in abundance, and almoſt to ſowninge, but it were moze ſure to be let blond twyſe in one daye, the firſte tyme without ſowpynge, at the next tyme ſowpynge is not to be fered. If the greſe be in the neck oz hed, the bloud muſt be lette of the vayne called Cephalea, oz the ſhulder veyne. If it be in the bulke oz vppermoſt part of the body, than muſt the veyne be cut, whiche is callyd Baſilica, oz the innermoſt veyne. If all the body be greued, thã cut the veyn, which is named Mediana, oz the myddel veyn. If a feuer remayne after bloud letting, than ozder him with the diete of them that haue feuers, which ye ſhall fynde wzitten hereafter. If noo feuer remayne, than vſe moderate fricaſies, and lyttell eatyng, & that of meates haupnge good iupce, increacynge by lyttell and lyttell to the naturall diete. Aetius.

¶ Diete of them that are redy to falle into ſyckeneſſe. Capitulo. 6.

NOwe retourne efteſones to ſpeake of diete, it is to be remembzed, that they, which are redy to fall into diſeaſes, they are pzepared thervnto, either by repletion of ſuperfluous humozs, ozels by cruditie oz malyce of humours, which ar in them. As touchynge the fyzſt, the generall diete muſt be ſuche, as therby the humours may be attenuate, and by conuenient euacuation, bzought to a moderate quantitie. As foz the ſeconde muſte be cozrected with meates and dzinkes of contrary qualities, hauinge alway reſpecte to the age of

the perſon, tyme of the yere, place of habitation, and moſt ſpecyally the vniuerſall complexion. for choler offendynge in an olde manne, in wynter tyme, in a colde countreye, or the perſone beinge of his naturall complexion fleumatike or melancoly, wolde not be ſo habūdantly expulſed or ſubdewed, as if it be in one yong and luſty, in the hot ſommer, in the coūtreys, where the ſonne feruently burneth, or the perſone of his proper nature is verye colerike. And in lykewiſe contrarye. Wherfore euery manne, knowynge his owne naturall complexion, with the qualitie of the humour that offendeth, lette hym make temperance his chiefe coke, and remembringe that whiche I haue before declared, ordayne to hym ſelfe ſuche diete, as may reſourme the offence with none or lyttell annoyance, to his vniuerſal complexion. And yf he can ſo do, he ſhal happily eſcape, not only diuers ſykeneſſes, but alſo the moſt pernicious danger, proceding of corrupted drouges or ſpices, wherof ſom couetous poticaries do make medicines, maugre the hedes of good and well lerned phiſitions.

¶ *Sickenes moſte commune to particular tymes of the yere and ages.* Cap. 7.

ALthoughe I do not intende to write of the cure of egritudes or ſykeneſſes confyrmed, as well bycauſe it moughte be reputed in me a great preſumption, as alſo foraſmoche as it were very perillous, to dyuulgate that noble ſcyence, to commune people, not lerned in lyberall ſcien-

ces

ces and philoſophy, which be requyred to be ſufficiently in a phiſition. And moreouer, many bokes of Hipocrates and Galene ought to be radde, before that one do take vpon hym the generall cure of mennes bodies: yet not withſtandinge, I truſt I maye without any note of arrogaunce wryte, what diſeaſes do moſt commonly happen in ſundry tymes of the yere and ages of men and women, with ſome ſignifications, wherby the dyſcraſy or diſtemperature of the body is perceyued, to the intēt that the phiſition beinge farre of, may be treuly informed, conſideryng that brines farre caried, do often deceyue them, and lykewiſe lack of the ſyght of the pacīēt, and inquiſition of thinges, whiche do precede or folow the ſyckenes. And with this I truſt none honeſt and charitable phiſition wylle be offended, but rather gyue to me thankes for my dilygence, in the aduaunc̄inge of their eſtimation, whiche by lacke of perfytte inſtruction hath ben appaired.

¶ Syckeneſſes of Springe tyme.

¶ Diſeaſes procedynge of melancolye, as madneſſe, fallynge ſyckeneſſe, bleedynges, quynces, poſes, hoorſenes, coughes, lepries, ſcabbes, ache in the ioyntes.

¶ Syckeneſſe of Sommer.

¶ Many of the ſayde diſeaſes, alſo feuers continual, hot feuers, feuers terciane, quartains, vomytes, flyxes, watringe of eies, peynes of the eares, bliſters & ſores of the mouth & ſweattinges.

¶Syckeneſſes of Autumne.

¶Feuers of ſomer ſyckneſſes, alſo oppilations of the ſplene, dropſies, conſumptions, ſtrangulyons, coſtiueneſſe, ache in the huckle bones, ſhortneſſe of wynde, frettynge of the bowelles, fallyng ſyckues, and melancolyke diſeaſes.

¶Syckeneſſes of wynter.

¶Stytches and grefes in the ſides, inflamation of the lunges, reumes, coughes, peynes in the breſt, ſydes, and loynes, head ache, and palſeyes.

¶Syckeneſſes happenynge to children.

¶Whan they be newe borne, there do happen to them ſores of the mouth called Aphte, vomityng, coughes, watchinge, fearefulneſſe, inflamations of the nauell, moyſture of the eares.

¶Whan they brede tethe, ytchinge of the gummes, feuers, crampes, and laſkes.

¶Whan they ware elder, than be they greued with kernelles, openneſſe of the mould of ꝑ head, ſhortneſſe of wynde, the ſtone of the bladder, wormes of the bealy, waters, ſwellynges vnder the chynne, and in Englande cõmonly purpyls, meaſels, and ſmall pockes.

¶Syckeneſſe happeninge to yonge men from .xiiii. yeres of age

¶Feuers cotidiane, tercyane, quarteyne, hotte feuers, ſpittynge or vomptinge of bloude, pleureſies, diſeaſes of the ſydes, inflammation of the lunges, lethargies, frauſy, hote ſyckeneſſes, cholerike paſſions, coſtiuenes or behement laſkes.

Sycke-

¶Syckeneſſes of age.

¶Difficultie of bꝛeth, reumes with coughes, ſtrangulyon, and difficultie in pyſſynge, ache in the ioyntes, diſeaſes of the raynes, ſwymmynges in the head, palſeyes, ytchynge of all the bodye, lacke of ſlepe, moyſture in the eyes and eares, dulneſſe of ſyght, hardneſſe oꝛ hearynge, tiſiknes oꝛ ſhoꝛtneſſe of bꝛeth.

¶Although many of the ſaid ſycknes do happen in euery tyme and age: yet becauſe they be moſt frequent in the ſayde tymes & ages. I haue wꝛitten them, to thintẽt, that in the ages & tymes moſte inclyned vnto them, ſuch thinges mought be than eſchewed, which are aptte to ingendꝛe the ſayde dyſeaſes.

¶The generall ſignifications and tokens of ſyckenes. Cap. 8.

YF the body be hotter, colder, moyſter, dꝛyer, leaner, fuller, the colour moꝛe pale, oꝛ ſwart, the eyes moꝛe holowe, than is accuſtomed to be, it ſignifieth that the body is diſpoſed to ſicknes, oꝛ alredy ſicke.

The bꝛayn ſick.
- Rauynge.
- Forgetfulneſſe.
- Fantaſye.
- Humours commynge frome ye rouſe of the mouthe, the eyes, the noſe, oꝛ the eares.
- watche.
- Slepe.

The harte ſycke.
- Difficultie of breathe.
- Tremblynge of the hert.
- Beatynge of the pulſe.
- Feuers.
- Colde.
- Diuerſitie of colours.
- Greefe about the hart.

The lyuer ſycke.
- Lacke or aboundaunce of humours.
- The forme of ꝑ body altered.
- Paleneſſe.
- Concoction.
- Digeſtion.
- Alteration of excrementes accuſtomed.
- Peyne in the place of ꝑ lyuer.
- Swellynge.
- Difficultie of breth.

The ſtomake ſick.
- Concoction, ſlow or quicke.
- Appetite of moyſt or dry, dul or quycke.
- Separation of excrementes moiſt or hard with their colours.

Yerynge. Belkynge.

Vomitynge with peyne and difficultie of breth.

Urine moch or litel with the colour and ſubſtance, to red or to pale, to thick or to thin.

Diffi-

The brest. { Difficultie of breath. / Cowghe. / Spyttinge. / Peyne in the brest.

¶ This haue I written, not to gyue iudgement therby, but onely for the pacient to haue in a redynesse, to thintent that what so euer he feleth or perceyueth in euery of the sayde thynges, therof to instructe his phisition, wherunto he maye adapt his counsayle and remedies.

¶ Of vrines. Cap. 9.

FOrasmoch as now a dayes the most common iudgement in sycknesse is by brynes, whiche beynge farre caried or moche meued, or standinge longe after that it is made, the fourme therof is so altered, that the phisition shal not perfytly perceyue the natural colour, nor contentes, although it be neuer so well chafed at the fyre, as Actuarius and other great lerned men do affirme. I wil therfore somewhat speake of brines, not so moche as a phisition knoweth, but as moche as is necessary to euery man, for to perceyue the place and cause of his griefe, wherby he maye the better instructe the Phisition.

¶ Fyrst in brine, foure thinges are to be consydered, that is to saye, the substaunce, the colour, the regions or partes of the bryne, and the contentes or thynges therin conteyned.

¶ Also forasmoch as in the body of man be foure

qualities, heate, colde, moyſture, and dryth, two of them, heate and cold, are cauſes of the colour, dryth and moyſture are cauſes of the ſubſtance.

¶ Moreouer in vrine, being in a veſſell apt ther vnto to be ſene, are thre regiõs. The loweſt regiõ in the bottome of the vrynall, contеynynge the ſpace of two fyngers o, lyttell more. The myddel region, from whenſe the loweſt ended, vnto the cerkle. The hyghеſt region is the cerkle.

¶ The hyghneſſe of the colour ſignifieth heate: the pale, blacke or grene, ſignifieth colde.

¶ Alſo the groſſenes or thickeneſſe of the vryne ſygnyfyeth moyſture, the clerenes or thynnes, ſignyfieth drythe.

¶ *The colours of* vrines.

¶ Colour of bryght golde. } Perfyte digeſtion.
Colour of gylte. }

Red as a red apple or chery. }
Baſe redde, lyke to bole armenake, or ſaffron dry. } Exceſſe of dygeſtion.
Redde glowynge lyke fyre. }

Colour of a beaſtes lyuer. }
Colour of darke red wine. } Aduſtion of
Grene lyke to colewortes. } humours.

Leaddy colour. }
Blacke as ynke. } Feblenes or mortification of
Blacke as horne. } nature, excepte it be in purgunge of melancoly.

White

Whyte clere as water.
Gray as a horne.
Whyte as whay.
Colour of a camels heare.
} Lacke of digestion.

Pale lyke to brothe of flesche sodden. } The beggynnynge of digestion.

Citrine colour or yelowe, Subcitrine or paler. } The myddell of digestion.

Whyte and thynne betokeneth melancolye to haue dominion.
Whyte and thycke, signifieth fleume.
Redde and thycke betokeneth sanguine.
Redde and thynne betokenethe choler to haue the soueraynte.

¶ *The substance of the vrine.* Cap. 10.

AT the fyrst pissynge, all vrines well nigh do appere thyn, as longe as they abide warme. for natural heate, during the tyme that it preuayleth, suffreth not that the lycour, which is the substance of the vrine, to congele or be thycke for any occasion: but after that heate is gone, some vrynes shortly, some a longer time after, ware thick. Lykewise somtime, some ar pissed thicker, and after ware clere, some remayne styll as they were made, some be metely thycke, as they were troubled, some very thick and grosse. They that ware clere, some do gather that, which is thycke into the bottome of the vrinal: some remayn troubled, the grossenes not withstandinge gathered in the bottome

tome. Semblably the diuerſitie of thyn or ſubtyl brines, muſt be perceyued, that is to ſay, that ſom are very ſubtyll as water, ſome laſſe ſubtyll, ſome in a meane betwene thicke and thinne.

¶ Of thynges conteyned in the brine, ſome doo diſcende downe to the bottome, and be called in a greke worde Hypoſtaſis, in englyſſhe ſome calle it the groundes, ſome the reſydence, whiche if it be whyte, lyght, riſynge vp from the bottome of the vrinall, lyke a peare, it ſygnifieth helth, if it be of any other fygure or colour, it betokeneth ſome anoyance. If lyke thynges be ſene in the myddell of the vrynall, they be called ſublations, yf they approche vnto the hygheſt region of the bryne, they be named cloudes, in latin Nebulę. The grouues or reſidences not perfite, ſome is lyke lyttelle redde fetches, and is callyd in latyn Orobea, ſome is lyke to braune of wheat grounde, and ſeuered from the meale, and is called braany reſidence, in latyn Furfurea. ſome be lyke vnto plates, hauynge bredth and length without thyckneſs, and may be namyd platy reſydence, in latyne Lamineą, ſome is lyke to meale, wheate, or barley, and may be named mealy reſidence, in latyn Similacea.

¶ There is alſo ſeene in the bryne lyke to whyte heares, ſome lengar, ſome ſhorter. ſomtime like to ragges ſomwhat red. there is alſo ſene in the vppermoſte parte of the brine, ſometyme a ſome or froth, ſomtyme belles or bobles. ſometyme there ſwymmeth in the brine a thinge like a copwebbe, otherwhile ther is about the cerkle, as it were the

rentynge of clothe, ſomtyme there is in the brine lyke motes of the ſonne, ſomtyme lyke the matter of a ſore, otherwhile lyke the ſede of a man. alſo grauelle or ſande. And in theſe thynges maye be dyuers colours, ſome whyte, ſome red, ſome betwene bothe, ſome yelow, ſome graye, and ſome blacke. All this muſte be diligently marked, and therof ſeperatly to aduertiſe the Phiſition, vnto whome I referre the iudgement of the ſyckenes, for the cauſe afore rehersed, and for as moche as the iudgement of them is very ſubtyll.

¶ Semblably of ordure, whyther it be very thin or very thicke: what other matter yſſueth out with it, what colour it is of, the ſauour very great, lytell or none, if it were eaſyly expulſed, or peynefully, how oft or how ſeldome.

¶ Moreouer of ſweat, what colour it is of, and of what ſauour, if in taſtinge it be ſalt, ſowre, bitter, or vnſauery.

¶ Alſo the vompte, yf it be of one colour or many, if it doo ſmell horribly, of what humoure it had moſt aboundaunce, yf it were faſtinge, or after meales, if it were peynefull or eaſy.

¶ Lykewiſe ſpettel, whether it be thycke or thin, or myxt with bloude, or matter corrupt accordyngly of the humour iſſuynge out at the noſe, and if that be bloude, than whyther it be red, watrye, or blacke.

¶ Moreouer, it maye not be forgotten, to aduertyſe the Phiſition of the diete vſed by the pacyent, aſwell afore the ſyckeneſſe, as in the tyme of the

ſyckneſſe, his age, the ſtrength of his body, his exercyſe, and place, where he lengeſt abode in his youth, whether it were hye or lowe, watry or dry, hotte or colde.

¶ This I truſt ſhall be ſufficient, to inſtructe a phiſition: he that deſyreth to know more particularly hereof, let him rede the bokes of Hipocrates Galene, Cornelius Celſus, Actuarius, Paulus, and dyuers other late writers, for this lyttell treatyſe may e not receyue it.

The preceptes of the auncient phiſition Diocles *vnto kynge* Antigonus. *Cap.* ii.

We wyll nowe diuide the body of man in to foure partes, the head, the boulke, called in latyn *thorax*, whiche conteyneth the breſt, the ſides, the ſtomake, and entrayles. The bely, called in latyn *venter*, conteyneth the panche and the bowels. Alſo the bladder, called in latyn *veſica*, in the whiche name is alſo conteyned the cundytes, by the which brine paſſeth. Whan any dyſeaſe approcheth to the head, theſe tokens do commonly precede, ſwymmynge in the head, head ache, heuines of the browes, ſoundynge in the eares, prycky nges in the temples, the eyes in the mornynge do water, or ware dymme, the ſmellynge is dulle, & gummes do ſwelle. Whan thou feleſt ſuche tokens, forthwith pourge the head with ſomewhat, not with behement medicines, but takinge Iſope or Origanum, and the croppes of them boyle with whyte or claret wyne halfe a pynte, and therwith gar-

gargarise your mouth fastinge, vntyll the fleume be purged oute of youre head, this is the easyest medicine in discrasies of the head. It is also very holsome to gargarise the mouthe and brest with hony water, whereinto mustarde is put and myngled, but firste the head must be rubbed with a warme clothe, that the fleume maye easyly come out of the head. And if these tokens be neglected, these maner of syckenesses do folowe sone after, bleared eyes, a humour lettynge ỳ sight, clefte in the eares, swellinges in the neck ful of matter, called the kinges euyll, corruptiõ of the brain, poses, or reumes, heupnes of the hed, and tooth ache.

¶ Whan the bulke is lyke to suffer any syckenes, it is perceyued by these tokens, all the body is in a sweatte, the bulke most specially, the tunge wareth thycke, the spettyll is eyther salt or bytter, or cholerike, the sydes and shoulders do ake without any occasion, the pacient gapeth often, also there dothe happen moche wakynge, suffocations or lacke of breth, thirste after slepe, the mynd is vexed with heupnesse, also the brest and armes are verye colde, and the handes doo tremble.

Agaynst these thynges this remedy maye be prouyded. After a moderate soupper, assaye to vomite withoute any medicyne: vomite is also profytable, whiche meate dothe folowe: He that in suche wyse will vomite, let him eate hastyly small radysshe rootes, townkersis, rokatte, synup, or purslane, and drynke after it a greate quantitie of warme water, and prouoke hym selfe to vo-

mpte,

mpte. He that ſetteth lyttell by the ſayde tokens. lette hym feare theſe ſyckeneſſes folowynge, the pleureſie, the ſickenes of the lunges, melancolye or madnes, ſharpe feuers, the franſye, the letargie, inflamation with peringe.

If any ſyckeneſſe be towarde the bealye, they maye be eſpied by theſe tokens, the bealy is fyrſte wrapped togeather, and in it ſelfe is troubled, all meates and drynkes do ſeeme bytter in taſt, he feleth heupneſſe in his knees, a ſtyffenes in his lopnes, a wearineſſe in all his body without any occaſion, a ſleppneſſe in his legges, with a lyttell feuer, whan thou feleſte theſe tokens, mollyfie the bealy, not with medicyne, but with good order of diete, for it is beſt and moſt ſure, to vſe thoſe thinges, wherof lyghtly may enſue none annoyance, in the number of them are betes boyled in water of hony, garlike ſodden, malowes, ſoxel, mercury, and all thinges condite in hony. All theſe do expel the oxdure of the bely: but if any of the ſaid ſignes dothe moxe & moxe increaſe, the lyquour, wherein the ſede of *Carthamus*, callyd alſo *Cnicus*, is boyled, is a pleſant & ſure medicine. ſmal colewoxtes boyled in a good quantitie of water, the licour therof in meaſure, ii. pintes, ſaupnge the third parte of a pint, with hony & ſalt being dxunken, ſhall pxofite moch. *Cicer*, & the pulſe callid in latin *eruum*, in engliſhe I ſuppoſe chittes) in water dxunk faſting, hath the ſame effect. To them, which ſet lyttell by the ſaid tokens, theſe diſeaſes do ſodenly happen. Flure of the bealy, bluddy flure, flyppernes of the bowels

bowels, peines in the guts, ache in huckle bones, the feuer terciane, the gowte, the apoplexie or palsey in the lymmes, hemorroides, akinge of ioyntes.

¶ Whan the bladder is towarde any sickenes, it is perceyued by these tokens, fulnesse felt after lytell meat, brekinge wynde downewarde and vpwarde, paleneſſe of colour in all the body, heuy or troublous sleapes, the vryne pale, and passynge forth peynefully, swellynges about the coddes & priuy members. Whan these tokens appere, than is it expedient to haue remedy of odorferous thinges, whiche do expell vrine, whiche shall be done without any peryll with the rotes of fenell & persely stieped one or two dayes in good white wyne, and to drinke therof fastinge euery morning thre ounces and two dr̃mes, with the water of wilde carettes, or elycampane, which of these is next at hande, euery of them haue lyke effect. Also water wherin the pealyn callyd in latyne Ciceres, are stieped, beynge drunke with wyne, is lyke commodiouse: he that neglecteth the sayde tokens, let him loke for these syckenesses folowynge, the dropsy, the greatnes of the splene, grieſe in the lyuer, the stone, ache of the backe, or peynes in the raynes, the difficultie of vrine, fulnesse of the bely. In all these thinges that we haue spok̃ of, we shal giue to childr̃ most easy medicines, to men, these whiche be stronger in worke.

¶ This diete of Diocles, although at this tyme it semeth not moste pleasaunt, nor accordynge to the practise nowe vsed, yet beinge tempred with

that, which I haue before remembred, some thing may be foūde in it, which being experienced, may be as commodious for the helth of mās body, as that diete, which is more curyous or pleasaunt.

Of them in whose stomakes meat is corrupted. Cap. 12.

THey in whome customably meate is corrupted, let them afore that they eate any meate, assay to vomyte, drinkynge swete wyne, absteyne from meate, that ingender botches, inflammations, fumous ructuations or vapours, and take suche as nourysh good iuyce, and chose them out which do mollify the bely, & at sundry tymes take them. It is also good to take temperatly ỹ which lowseth the bely, as the medicine called Picra and to absteyne from suche thinges, wherby yll iuyce is gathered, and do ingender syckenesses, harde to be cured or neuer, as goutes, boneache, peynes of the raynes &c.

Of the vertue of meates. Cap. 13.

HE that is studyous aboute the conseruation of healthe, he nedeth to knowe the vertue of meates. The meate whiche hath vertue to extenuate, or make humours subtylle, it openeth the poores, and bryngeth forthe that whiche is faste in the flesshe, it maketh that whiche is clammye, subtylle, and doethe extenuate, or relent that which is fatte, it bryngeth forthe that whiche abideth longe in the bealy, but that which is eaten, is a superfluytte watry and colerycke, and

Oribasius de medicina simpli.

at

at length maketh melancolyke bloude. Wherfore moche vſinge of them is prohibited ſpecially to them, that are colerike, and only ſerueth for them that are replete with fleume, crude, or vndigeſted humours, clammy or fatte. The diete of fattynge thinges, dothe nouriſhe abundantly, ſoo that the ſtomake and lyuer do dygeſt well: meate of good iuyce, maketh good bloude, but yet it ſtoppeth the lyuer and ſplene. Theſe do they, whiche make fat humours onely, as the pouſſe called *Lenticula*, and they that are ſlymy lyke malowes, ſome do make fat humours, & be alſo ſlymy, as fiſches with hard ſhelles. Fynally the diete, whiche doth extenuate and make leane, is more ſure for kepyng of helth, than that whiche fatteth moch. Norifhinge meates wold be therfore moderately vſed, whan a mā perceyueth hym ſelfe to haue nede therof, i. maye be moſt ſurely vſed of them that be exerciſed temperately, and can ſlepe whan they lyſt. They that can not ſlepe by reaſon of exerciſe, lette theym eſchewe fattynge meates, lette none vdelle perſone attempte to vſe theym. In the preſeruation of helth, ſluggardy is the greatteſt miſchiefe. Lyke as the temperate mouinge is good, ſo is the meat whiche betwene thycke and thynne, is to mannes helth moſt conuenent, which ingendreth bloude, according to the competent conſtitution of mans body, & therfore is it to be chiefly vſed. Meate of yll iuyce is alway nopfull, wherfore it ought to be eſchewed. Lykewyſe the varietie of meates is to be obſerued diligently, for it is a great thynge to

couple wel togither thinges of contrary vertues, for if they be not well digested, that whiche is receyued, may bringe displeasure.

¶ *A diete preseruatiue in the tyme of pestilence. Capitulo. 14.*

The bodies most apte to be infected, are specially sanguine, next colerike, thā fleumatike, laste melancolyke, for in them the humour beinge cold and drye, is most vnapt to receyue putrifaction, hauinge also strayte passages, by the which venim must passe. The diet conuenient for ỹ tyme is to abstein frō metes, inflamig & openig ỹ pores also from the heat of the sonne, frō to moch heate of fire, or garmentes, from very hot herbes, & moche vse of tart thinges, except onions and cikory, or radishe with vineger. for they do resist against venim, from wine very fumishe, exercise incontinent after meales, from swetting, from al thingis that wyll cause oppilations & putrifaction, from thinges hot & moist, where moysture hath the dominion in degree, specially beinge not sufficiently boiled: also from milke, except it be in a litel quātite, & that with a litel sugar. Frutis & herbis cold & dry, & therwith soure or somwhat bitter, are not prohibited. If ye eate figges, grapes, or swete cheries, eate after them of an orenge with salt. If ye eate thinges cold & moyst, as cucūbers, melones, fyshe soft and freshe, or damsyns, eate by and by after some fenel, and orenge with salt, drynkynge therwith a draughte of good wyne. Beware of

Marsilius ficinus.

muſherons, moch purſlane, gourdes, and al other thinges, whiche wyll ſone putrifie: not withſtandinge, I wyll not forbyd eatinge of lettyſe, with a fewe myntes, or myrt with cynamom. All thinges ſowre are commended, aſwel in diet conſeruatiue, as in that whiche is curatiue or healeth. excepte where there is ſtraytneſſe of the breſte, or weakenes of the ſtomak, than ought they to be tempred with ſugar, ſalt, almond milke, cinamom, pepper, fenell, ſaffron, egges, and ſome thing that is fatte or vnctuous. Capers ar good to be vſed with vineger. Theſe very fatte and ſalt, is not cõmended, no more is colewortes, or any kynde of pulſe, except chittes: great peaſon, rapes, nor ſpynache is good. Alſo there be forboden rokat and muſtard, moche wine and egges, except they be eaten with ſorell ſauce, vyneger or iuyce of orenges: perſely and alſo parſnepes be good. newe wynes be nopfull, let the meate be ſomewhat more than drynke. but yet ſuſteyn not to moch hunger nor thyrſt. be ware of lechery, of a clowdy wether and cloſe, eſchewe moche reſorte or thronge of people, wyndes commynge from fennes or mores, from ſlepe at none: vſe with your meate this poulder, ſanders redde, halfe an ounce, cynamom thre drammes and a halfe, ſaffron halfe a dramme. After your meate, eate a lyttell of coriander ſede, welle prepared. In the mornynge, at a temperate fyre kembe your hed backward, clenſe your body and head of all ſuperfluities: vſe alſo moderate fricaſies, with ſwete perfumes, and odours, waſhe

oftentymes your face and handes with pure vyneger myxt with roſe water. In cold wether myxt it with myntes, baulme, rue, or myrtes, and ſome tyme cloues. In hotte ſommer with roſes or vyolettes. Aboue all thynges vſe to take whyte wine good, white vyneger roſette, water of roſes, in equall porcions, put therevnto a lyttel ſetuale, or of the rynde of a citron, and drynke therof a lyttell, and oftentimes waſche therwith your handes and vyſage. Medicines preſeruatiue agaynſt the peſtilēce, which be alway moſt redy, ar theſe, a figge with rue, and a wal nutte eaten faſtynge, alſo triakle, or mithridate, to old men a dramme weight, to ponge men halfe a dramme, or a ſcruple diſſolued in vyneger and roſe water, or in water of tormentill, ſcabioſe, or balme, if the plage be in ſommer: if it be in wynter, putte to the waters ſome white wine. Alſo the ptilles callyd comonly Pillulę Raſis, but in dede they were inuented by Rufus) are very excellent, ſpecially if the aloe, whiche is in it, be waſhed, and therevnto added a lytel Bolus armenus, & terra ſigillata, And if the perſon be of hot complexion, a quantitie of ſorell ſede, and red corall, this confectioned with ſyrope of citrons, in cold complexions, or to old men with white wyne, vſe them euery thyrd day one pille at a time, three houres or foure afore diner or ſupper. If ye take triakle or Mithridate, abſteyne from meate at the leaſt fyue houres after. A pece of the rote of ſetual, borne in the mouth, preſerueth from infection. In likewiſe doth ſorell chewed faſting, and the iuyce

ſucked

ſucked downe. To poore menne, Marſilius was wont to gyue a toſte of breade ſteped in vineger, with a piece of an onyon or rewe. All thinges whiche be cordiall, that is to ſay, which do in any wiſe comfort the hart, do reſiſt peſtilẽce, vehement anger, or heupneſſe, be very pernicious. other more exquiſite and coſtly preſeruatiues, I purpoſely paſſe ouer, which Marſilius, & other phiſitions, do write of abundantly, foraſmoch as I deſyre to be in this warke compendious. One thing I had almoſt forgotten, that there is no better preſeruatiue, than to fle from the place corrupted, betyme and farre of, and to let none approche you, that hath made their abode, where the plage is feruẽt. Moreouer receyue not into your hous any ſtuffe, that commeth out of a houſe, wherin any perſon hath ben infected. For it hath bene ſene, that ſuche ſtuffe lyenge in a cofer faſt ſhutte by the ſpace of two yeres, after that the coffer hath bẽ opened, they which haue ſtande nigh to it, haue ben infected, & ſone after haue died. But here I alway except the power of god, which is wonderful, & alſo mercifull, aboue mãs reſon or coũſell, pleruyng or ſtrikig whom, whã & where it ſhall like his maieſtie, to whom be glory & prayſe euerlaſting. Amen.

¶ THVS make I an ende of this treatyſe, deſyringe them that ſhall take profite therby, to defende it agaynſt enuyouſe diſdayne, in whome I haue ſet the aduenture, for the loue that I beare to my countrey: requyringe all honeſt phiſitions to remember, that the intent of my labour was, ſ

men and women redinge this warke, and obſer-uinge the counſayles therin, ſhulde adapte ther-by their bodies, to receyue moze ſure remedy by the medicines prepared by good phiſitions in dā-gerous ſyckeneſſes, they keppnge good dyet, and inkourmynge diligently the ſame phiſitions, of ꝑ maner of their affectes, paſſions, and ſenſible to-kens. And ſo ſhall the noble and moſte neceſſarye ſcience of phiſyke, with the miniſters thereof, eſ-cape the ſclaunder, which they haue of long tyme ſuſteyned, and accozdynge to the przecepte of the wyſe man, be wozthely honoured, fozaſmoche as the hygheſt god dyd create the phiſition, foz mās neceſſitie. And of the earth created medicine, and ꝑ wyſe man ſhall not abhoze it. Thus fare ye wel gentyll reders, and fozget me not with your good repoz-te, and przaye to God that I be neuer wars occuppyed.

LONDINI in ædibus Thomæ Berthe-leti typis impreſſ.
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THE CASTEL OF HELTH

BY

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